

## Area IV students head back to class

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## Wrestling warriors throw Area II into frenzy

Page 10



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# Bush: War in Iraq honors heroes of past

By Sgt. Sara Wood

American Forces Press Service

**SAN DIEGO** – The ideals that were fought for in World War II are still relevant today in the global war on terror and are being honored by the continued commitment of U.S. forces in Iraq, President Bush said Tuesday.

At a V-J Day ceremony at Naval Air Station North Island here, Bush spoke to active-duty sailors and Marines, WWII veterans and military families about the importance of the American victory over Japan 60 years ago.

“America confirmed the power of freedom to transform the bitterest enemies into the closest friends,” he said.

The victory in WWII proved that democracy was the most unconquerable of all forms of society and that free nations could muster the resolve to defend themselves when attacked, Bush said. The victory also demonstrated the value of the spirit of liberty, he said, which is the most powerful weapon democracies have.

“Wherever our troops raised the flag of victory, they would also sew the seeds of liberty, and, as a result, the world is better off,” he said.

The very ideals proven 60 years ago are again being tested in the war in Iraq, Bush said. Again, America was attacked on its own soil, and its resolve is being tested, he explained, but Americans can have confidence because of the courage and character of U.S. servicemembers.

“We will not rest until victory is American and our freedom is secure,” he said.

The stakes in Iraq are high, Bush said, but as in the past, the enemies of America will fail and democracy will prevail. The best way to honor the sacrifices of military members past and present is to continue the fight until a free Iraq is built, he said.

“We will honor their sacrifices by completing the mission and laying the foundation for peace,” he said. “We will never let the enemies of a new century destroy with cowardice what these Americans built with courage.”

The future of freedom is in good hands with the men and women serving in America’s armed forces

See **Bush**, Page 4

## Grudge Match



Sgt. Van M. Tran

First Sergeant Michael Barnes, Headquarters and Headquarters Company, 8th Military Police Brigade, is a picture of concentration during an arm wrestling match with one of the young residents of the Sung Ro Won Orphanage. Barnes was one of eight MPs to visit the orphanage Aug. 27, as part of the unit’s ongoing sponsorship of the facility. For related story, see Page 3.

# Commander details reshaping of Combined Forces in Korea

By Jim Garamone

American Forces Press Service

**SEOUL** – Military transformation on the Korean Peninsula is not just a U. S. program; the South Koreans are also very involved, the top military commander of combined forces here said recently.

Initiatives have allowed military forces to increase capabilities even as numbers decrease, Army Gen. Leon J. LaPorte said during an Aug. 26 interview.

Driving the combined forces command transformation is the need to confront the threats of the future and not the world of the 1950s and 1960s, LaPorte said. The program is based on enhancing, shaping and aligning the force.

In the past three years, American and Korean officials have identified more than 300 enhancements to weapon systems, weapon platforms, intelligence platforms, and command-and-control systems, LaPorte said.

The Republic of Korea has bought fully into the military changes. Koreans will assume responsibility

for two-thirds of the improvements. These enhancements signal one large change in the military relationship: tremendous improvements in the 645,000-man South Korean military, LaPorte said.

Efforts to shape the combined force continue. “The Koreans are changing their force composition, and they are making adjustments to their organizational structures, and so are we,” LaPorte said.

The U. S. will reduce its forces in Korea from 37,500 to 25,000 by 2008. “That is in total agreement with the Republic of Korea,” LaPorte said. “They’re developing a plan to reduce their forces by (40,000) to 50,000 in the same timeframe.”

North Korea continues to threaten the peace in Northwest Asia. Yet the alliance continues to defend against such a threat even while reducing numbers. “You can do that because we’re getting tremendous returns on investment from the capital investments we made in enhancements,” LaPorte said.

See **Force**, Page 4



## Have a happy, safe Labor Day



Americans will celebrate Labor Day. It is our annual national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.

Our nation has much to be thankful for and most of it could not have been achieved without the hard work and dedication of the American workforce.

This year's Labor Day weekend also occurs at the end of our Ulchi Focus Lens exercise, Combined Forces Command's premier training event. Over the past 10 days I have observed outstanding effort and superb execution in support of this important exercise. I appreciate the time and energy leaders at all levels have invested into this event to maximize the training opportunity, while ensuring it was conducted safely and to standard.

Thanks to your efforts, our command is better trained, better prepared and ready to deter aggression and maintain stability on the peninsula. I applaud every member of the USFK team for their contributions to a job well done.

Labor Day has also come to signify the last long weekend of the summer and the beginning of a new school year. It is a time when friends and families gather, at picnic grounds and their own backyards, to bid farewell to summer.

As you gather this weekend, ensure your family and friends celebrate safely. Avoid excesses and act responsibly. Enjoy your holiday and return to work or to school refreshed, recharged and ready to face new challenges.

On this Labor Day weekend, I thank you for your exceptional commitment to our country and to the Republic of Korea. Everyday, you labor in selfless service to our nations and their citizens.

It is a significant responsibility, but is an obligation you take freely. Your willingness to defend the United States and its allies allows our fellow Americans to work for continued freedom and prosperity. Your labor keeps us free.

Thank you for all you do and enjoy your well-deserved weekend.

**GEN Leon J. LaPorte**  
Commander, UNC/CFC/USFK

## It's everyone's duty to help tell military story

By Senior Airman Juanika Glover  
8th Fighter Wing Public Affairs

A few weeks ago America experienced the unfortunate loss of television producer and anchorman Peter Jennings.

For years, Jennings spent much of his time bringing Americans the latest news on issues impacting our lives. Each night, he came into our homes and told us the story of America, our world and sometimes our universe.

There were many times he put himself in harm's way to get a story. Some people may have thought it was crazy, but that's what news reporters do. They get out there and talk to people even when the people don't want to be bothered, they're sick or they're in the middle of fighting a war. Nevertheless, they go to work and tell the story because someone has to.

Now I'm no Peter Jennings, and neither is the rest of the public affairs staff here, but our job is similar to what Jennings devoted his life to promoting, with a little Air Force twist to it.

Each week, we tell the Air Force and "Wolf Pack" story. Other public affairs members and I make our way around base to talk to servicemembers and civilians to get their views on recent events or things set to happen in the near future.

We often show up at base functions like softball games, commander's calls, cultural tours, concerts and grand openings. Normally, we're outfitted with a camera around our neck, a pen and pad in one hand and a recorder in the other.

You may see us out and about on weekends, early mornings and late evenings because for us, every hour is a duty hour when there's a story to be told.

Our only hope is that when we come up to you, you'll be nice enough to talk to us and give us the information we need to do our jobs.

Unfortunately, some people see us coming and run, block their faces when we take a photo or blow us off when we ask them a question.

After a little bit of research, I found out many

squadrons across the Air Force have unwritten traditional policies that state their people will face some form of "punishment" such as buying beer or bringing in doughnuts for their entire shop, if their name or picture shows up in the base newspaper.

Now while those traditions may have started out as fun and games, it prevents public affairs, broadcasters and photographers alike, from doing what the Air Force trained us to do — tell the story of the world's greatest Air Force.

As the voice of the Air Force, it's the duty of public affairs, broadcasters and photographers to give airmen and civilian employees the recognition they deserve. It's also

***"With everyone's help we can ensure the members of our Air Force team, national and international audiences understand the powerful air and space capabilities the United States Air Force brings to the fight."***

every Air Force member's responsibility to help communicate the Air Force story because we are all recruiters and representatives of the Air Force.

In the 2005 Air Force Strategic Communication

Guide, Gen. John Jumper, Air Force chief of staff and Dr. James Roche, secretary of the Air Force, said, "Now more than ever we must clearly communicate the value of air and space power in the 'joint' effort to defend our nation, while highlighting the priceless efforts of our airmen and civilian personnel. With everyone's help we can ensure the members of our Air Force team, national and international audiences understand the powerful air and space capabilities the United States Air Force brings to the fight."

So yes, it is everyone's job to represent the Air Force no matter the outcome.

With this in mind, the next time you see someone coming your way with a big camera around their neck or a pen and pad in hand, hopefully you'll rethink the squadron tradition and put on a happy face to represent the Air Force and the country you swore to protect and serve. I think Peter Jennings would approve.

*Anyone wishing to submit a guest commentary to The Morning Calm Weekly may do so by e-mail to morningcalmweekly@korea.army.mil.*

*All submission are subject to editing. For information, call 738-3355.*

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Support and Defend



## NEWS &amp; NOTES

**Hurricane Katrina Updates**

Red Cross offices throughout Korea have received calls concerning servicemembers with families affected by Hurricane Katrina. Due to a lack of telephone service in the affected areas, Red Cross officials suggest concerned persons seek information through family members outside of affected areas, or through e-mails. Servicemembers may also check Red Cross updates on <https://www.redcross.org>. If there are any questions, contact the area Red Cross office.

**Air Force Ball**

The inaugural Air Force Ball will be held at 6 p.m., Sept. 15, at the Grand Hyatt Hotel, Seoul. Tickets are \$60 for civilians and military E-5 and above, \$45 for military E-4 and below. Dress for the event is Mess Dress for military personnel and formal wear for civilians.

**USO Positions Seek Applicants**

USO Korea is seeking to fill two positions: Director for Program and Marketing, and an Information, Tickets and Tours manager.

The director for Programs and Marketing would be responsible for the development, planning, implementation and monitoring of all program and marketing activities for USO Korea, including development and coordination of country-wide and center-based outreach and program activities, fundraising, advertising, media relations, grant writing and special events. The ITT manager would be responsible for planning, developing, organizing, implementing and evaluating Korea-wide tour and leisure programs.

Anyone interested in either of these positions may submit a cover letter and resume by e-mail to [usokorea22@kornet.net](mailto:usokorea22@kornet.net). Resumes may be mailed to USO Korea, PSC 303, Box 53, APO AP 96204.

**Master Sergeant Promotion Board**

The promotion board from Sergeant First Class to Master Sergeant will convening Oct. 4. Sergeants first class with a date of rank before Oct. 4, 2003, and a BASD between Oct. 4, 1982, and Oct. 5, 1997, are eligible for selection (79R with a BASD between Oct. 4, 1980–Oct. 3, 1982, are also eligible). Those competing must have completed ANCOC and have received at least a secret security clearance or a favorable National Agency Check, Local Agency Check and a credit check. Competitors also must have a high school diploma or a GED Equivalency.

In order to remain competitive, qualified sergeants first class must ensure that their Enlisted Records Brief, Official Military Personnel File, Noncommissioned Officer's Evaluation Report and military photo are up to date and properly sent to the Enlisted Records and Evaluation Center. Qualified sergeants first class should contact their S-1 or PSB for all assistance.

# MPs reach out to local orphanage

By Spc. Van M. Tran

8th Military Police Bde.

**SEOUL** – Soldiers from Headquarters and Headquarters Company, 8th Military Police Brigade donated time, money and food to the Sung Ro Won Orphanage Aug. 27.

“Just playing with the children and spending time with them really warms your heart up,” said Staff Sgt. Derek Scott, HHC platoon sergeant. “Knowing that I can make a difference in a small child’s life is a great feeling.”

The eight Soldiers who participated in the day’s events played with the 70 children at the orphanage.

“These kids are also known as the ‘Watch Pups,’ and they will always know, as long as we are here, the Watchdogs will have their back,” said HHC First Sergeant Michael Barnes.

To collect enough rice for the orphanage, Soldiers gave people in Yongsan the opportunity to donate rice purchased from the commissary.

After talking with the manager of the orphanage, Barnes said he decided that rice was the children’s staple food. People donated more than 2,500 pounds of rice.



Spc. Van M. Tran

Staff Sgt. Kenyatta Davis, Headquarters and Headquarters Company, 8th Military Police Brigade, and her son, EJ, are the center of attention during their trip to the Sung Ro Won Orphanage, Aug. 27.

The U.S. and Republic of Korea Elite NCO Association added a donation of \$1,000 to the orphanage.

The money will be used to help improve the orphanage, purchasing paint for walls and cribs. It will also purchase playground equipment and clothes to improve the children’s quality of life.

“The Elite NCO Association is about helping Soldiers and families, but also helping our host nation when in need,” said 8th MP Bde.’s top NCO, Command Sgt. Maj. Tommie Hollins. “We take care of business without a lot of red tape.”

See **Orphanage**, Page 4

## Pace selects Army tanker as first JCS enlisted adviser

By Kathleen T. Rhem

American Forces Press Service

**WASHINGTON** – Incoming Joint Chiefs Chairman Marine Gen. Peter Pace has selected an Army armor leader as the first senior enlisted adviser to the chairman.

Command Sgt. Maj. William J. Gainey, currently the top enlisted man in 3rd Corps and Fort Hood, Texas, will advise Pace on matters pertaining to the enlisted force. Pace is slated to be sworn in as chairman Sept. 30.

He was most recently vice chairman of the Joint Chiefs for the past four years. In a telephone interview from Fort Hood today, Gainey said he is “humbled” by his selection and thrilled that the chairman will have a senior enlisted adviser.

“This is long overdue,” he said. “And it’ll be good for all the services.”

Pace agreed. Having an enlisted adviser is “the right thing for me as an individual,” he said.

“It is certainly the right thing for the organization,” he added. “And it’s the right thing for the message it sends to the great young men and women in uniform in all the services who want to know that somebody is representing them in a way that they can recognize — an individual who understands the experience.”

The sergeant major said his top priority will be to bring together the senior enlisted members from all services “and work to make the best life for our (servicemembers).”



Command Sgt. Maj. William J. Gainey

“We all work on the same plateau,” Gainey said of the members of his sister services. “We’re going to work to make training and education better for all the services.”

During his tenure, Gainey said he also plans to “find that one little place that no one ever visits” and reach out to those servicemembers who rarely get recognized for their contribution.

Pace said a senior enlisted adviser is important because he recognizes the value of noncommissioned officers to the U.S. military.

“After 38 years I still know exactly what I’ve known since I was a second lieutenant, that nothing good in my military career has happened without the great advice and counsel of a superb senior enlisted partner,” Pace said.

## Captain Board to convene Oct. 14

Special to The Morning Calm Weekly

The FY 2006 Captain Selection Board is convening Oct. 14. Eligible captains with an active duty date of rank before March 31, 2005, will be considered above the zone and an active duty date of rank of April 1, 2004, to March 31, 2005, to be considered in the zone.

Eligibility for the board first requires that mandatory and optional Officer Evaluation Reports are received in HRC Alexandria by Oct. 14.

Candidates may find that preparing files for the board is easier than ever, with the Army’s new capabilities to use “My Board File.” Simply by going to <https://www.hrc.army.mil>, users can navigate through their OMPF, their digital photo and their ORB.

If any changes are required, documents must be sent to the selection board processing unit at HRC in Alexandria. New photograph may be uploaded through DAPMIS.

In addition to OERs, the OMPF, the photo and the ORB, candidates who were considered in the zone or above-the-zone for the board that convened Oct. 26, 2004, but were not selected, must have a promotion report with a “thru date” of July 16, 2005.

Lieutenants who feel that they have additional matters that could help their competitiveness may send memorandums to the President of the board. Memorandums from third parties are also authorized, however must be sent by the Officer.

For additional guidance, officers should visit their S1 or PSB.



Sgt. VAN M. TRAN

One of the children at the Sung Ro Won Orphanage gets a lift from HHC platoon sergeant, Staff Sgt. Derek Scott.

## Orphanage

from Page 3

The MPs are already planning more activities with the orphans to take place later in the year.

The company has events planned such as a Christmas drive, pizza parties, on-post fun days and story reading.

“We would like to get more of our Soldiers involved in these types of events,” said Barnes. “Unlike the other orphanages in Korea who have multiple sponsors, we are the only company who sponsors the Sung Ro Won Orphanage.”

## Force

from Page 1

Both U. S. and South Korean forces use precision-guided munitions and capable intelligence platforms, and overall the nations have better weapon systems and better communications than North Korea. “So we’re able to not only accomplish our current mission, but increase our capabilities,” LaPorte said. “At the same time, (we’re) reducing the number of personnel it takes to do this.”

LaPorte stressed that reductions in U. S. personnel do not mean the U. S. is lessening its commitment to the Republic of Korea. “The Koreans fully understand that,” he said. They also understand that between 2003 and 2006, the United States appropriated \$11 billion directly related to the security of South Korea. This includes forces on the peninsula and regional forces based in Japan, Guam, Hawaii and Alaska.

Reinforcement is a large part of the U. S. strategy on the Korean Peninsula. “We have increased our

pre-positioned sets of equipment, so we can easily bring forces from the region or from the continental United States,” LaPorte said. “It is very easy for us to bring back additional combat forces (if needed).”

The U. S. is also transferring missions to South Korean forces, which further helps reshape the forces in Korea. “Perhaps 10 or 15 years ago, (these missions) required U. S. military assistance; today, they don’t,” LaPorte said.

Examples of the missions transferred include providing security for the truce village of Panmunjom, the counterfire mission that has moved from the U. S. 2nd Infantry Division to Korea’s 3rd Army, and weather forecasting.

“There were 10 missions that we agreed to,” LaPorte said. “So by allowing the Republic of Korea military to do these missions, it allows us to reduce the number of personnel that we have full-time on the peninsula.”

## Bush

from Page 1

today, Bush said. He recognized the sailors and Marines of North Island for playing a critical role in the war on terror.

“However you are serving, each of you is defending the nation and bringing honor to the uniform,” he said. “Your commander in chief and your country are proud of your service.”

The ceremony at North Island also

included a performance by country music star Mark Wills and a speech by Jerry Coleman, the announcer for the San Diego Padres baseball team and a WWII veteran. Coleman, who was a fighter pilot in WWII, praised the attendees for their service to the nation.

“The greatest generation is right now,” he said, “and they’re out there looking at me.”

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For all submitted items include a point of contact name and telephone number.



## Warrior chefs tackle Korean cuisine

*Competition highlights local dishes*

By Cpl. Ko Sang-soon

2nd Infantry Division Public Affairs

**CAMP CASEY** — Soldiers of the Second Infantry Division participated in a Korean Food Competition at Camp Casey's Second to None Club Aug. 25.

Chefs from 1st Heavy Brigade Combat Team, Fires Brigade and Multifunctional Aviation Brigade competed with foods such as thalk bo keum and beef and pork bulgogi.

"This is an opportunity to assure the chefs are preparing Korean food properly," said Sgt. Maj. Vincent Plummer, G-4 Food Service, 2nd Infantry Division.

Plummer said this competition was different from the one they held in March.

"This time it is more an evaluation than a competition," Plummer explained. "Also, this kind of competition will help the Soldiers narrow the cultural gap."

The competition included the 4th Quarter Skill Evaluation.

"Korean food is now one of the menus for the board," said Pfc. Lee Soo-hee, G-4 Food Service. "This makes the chefs pay more attention to making better Korean food that both U.S. Soldiers and Korean Augmentation to the United States Army Soldiers can enjoy."

Since Korean food is served in the dining facilities, the chefs were already familiar with it.

"Preparing Korean food uses more skills," said Pfc. Michael Jemmott, 1st Battalion, 2nd Aviation Regiment.

"They add more spices such as onions and pepper," he explained.

"However, I do not have any difficulty in making them. Also, I feel great when I see people enjoying my Korean food."

During the competition, dining facility supervisors checked and evaluated the chefs.

"We ensure they follow the recipe card," said Sgt. 1st Class Kelvin McPherson, Headquarters and Headquarters Battery, Fires Brigade.

McPherson said participating chefs are also judged on their knifing techniques and proper sanitation.

*"I feel great when I see people enjoying my Korean food."*

— Pfc. Michael Jemmott

See **Cuisine**, Page 7



PHOTOS BY CPL. KO SANG-SOON

Sgt. Joseph Rochburg prepares a dish for the Korean Food Competition Aug. 25 at Camp Casey's Second to None Club.



Chefs from the 2nd Infantry Division present their entries at the Korean Food Competition Aug. 25.



Bulgogi, a popular Korean beef dish, sizzles on the grill.



Judges from the Republic of Korea Army get food samples.

## Chuncheon wins World Leisure Congress bid

By Margaret Banish-Donaldson

Area I Public Affairs

**CAMP PAGE** — Thousands of people gathered on the airfield at Camp Page Saturday night to celebrate Chuncheon being named the host of the 2010 World Leisure Congress.

Many local and national officials and Area I dignitaries attended the event, which captured the spirit of Korean culture, history and people.

The festivities began with a one-hour pre-show at 6 p.m. before Derek Cathy, president of the World Leisure Association, made the official announcement.

Cathy said the main reason Chuncheon was chosen is because of its "people."

The World Leisure Congress is held every two years and provides an international forum for the exchange of ideas and the showcasing of innovations across the full leisure spectrum, from

tourism, festivals and the arts to play, sports, fitness, health and recreation. Interested cities or organizations submit a formal bid to host the event.

"Tonight's event gave everyone a chance to celebrate the civic reconciliation and host of the World Leisure Congress," Ryu said. "In 2010 there will be a series of exhibitions, special events, conferences, trade shows, festivals and training programs to show how leisure can serve as a means for improving the quality of life for all, socially, culturally and economically in Chuncheon."

Chuncheon hopes to bring in about 2,000 participants from 50 to 60 member countries June 26 to Sept. 11, 2010 to participate. Activities will include 44 leisure games: seven in the sky, 25 on land and 12 on water.

Area I officials worked closely with the local government to host the



MARGARET BANISH-DONALDSON

Dancers perform the traditional Korean fan dance at the World Leisure Congress celebration Saturday in Chuncheon. The city will host the exhibition in 2010.

celebration at Camp Page. The closed U.S. Army base was the only venue in Chuncheon large enough to hold a crowd of that size; the city will build a new stadium for the Congress.

"This was a great joint good neighbor

program tonight," said Col. Forrest R. Newton, Area I commander. "My main concern though, before, during and after the event was safety, since the

See **Chuncheon**, Page 7



## NEWS & NOTES

### Labor Day Events

Tito Puente Jr., the son of the famous latin star, will perform live at 7 p.m. Monday at Camp Casey. Find out more about this salsa performer at <http://www.titopuentejr.com>.

### CRC Block Party

Celebrate Labor Day at Camp Red Cloud with live bands, food booths, a chili cook-off, door prizes, a tae kwon do demonstration, sporting events and inflatable games. Events start at noon Monday near Mitchell's Sports Grill.

### Red Cross Closure

The Camp Casey office of the American Red Cross will be closed Monday for Labor Day and will reopen Tuesday. For emergency assistance, call 738-3670.

### Commissary Case Lot Sale

All Area I commissaries will hold a case lot sale Sept. 10 - 11. Check your local commissary for times, or visit [www.commissaries.com](http://www.commissaries.com).

### Power Outage Scheduled

A 15-minute power outage is scheduled for 1 a.m. Sept. 10 - 11 for maintenance. The outage will affect all of camps Casey, Mobile and Nimble.

### Tuesday Night Football

Camp Red Cloud's Mitchell's Club will begin hosting Tuesday Night Football Sept. 13. Wide screen televisions in both rooms will broadcast the latest games, and drinks and popcorn will be offered in the banquet room. Prizes will be given away at halftime.

### Religious Retreat

The Area I chaplaincy is hosting a religious retreat Sept. 21-23. Buses will provide transportation from camps Casey and Red Cloud. For information, contact your local chaplain.

### Stars of Tomorrow

The Area I Entertainment Office will host the Stars of Tomorrow talent show 7 p.m. Sept. 17 at Camp Casey's Gateway Club. Those interested in participating can sign up at their local Community Activities Center.

### Safety Training

The Safety Certification Class for additional duty unit safety officers and noncommissioned officers will be at Building S-1504, Camp Casey at 1 p.m. the second and fourth Friday of each month. For information, call 730-4234.

### Correction

An article about a new service number for appliance repair ran on Page 6 of the Aug. 26 edition of The Morning Calm Weekly. The article neglected to mention that the repair number service is also available for Department of the Army civilians in Area I.

# Employee leaves mark on Morale, Welfare and Recreation

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — About 55 Korean and U.S. civilian employees and Soldiers gathered Aug. 24 to send off a worker with 38 years of service.

Kim Tae-chun, a Camp Red Cloud Morale, Welfare and Recreation manpower specialist, retired from a distinguished career with a luncheon at Mitchell's Sports Grill.

"I am pleased to have been working with the U.S. Army for 38-and-one-half years," Kim said. "I enjoyed it."

Kim, a native of Gyeongju, served five years as a Republic of Korea Army Soldier. His career with the U.S. Army started when he moved to Dongducheon.

He started work in February 1967 as an appointments clerk with the civilian personnel office, 7th Infantry Division.

In 1994, he became a personnel staffing specialist for the Area I financial management branch.

Kim said he would have liked to have worked longer, but with the Army's reduction-in-force he was obliged to retire.

Jay Underwood, the event's coordinator, said Kim was graceful at the retirement luncheon.

"You could tell it meant a lot to him to be surrounded by his friends and family," said Underwood. "He was a great guy. Afterward, he came up to



Kim Tae-chun, a Morale, Welfare and Recreation manpower specialist, smiles during his Aug. 24 retirement luncheon at Camp Red Cloud.

me and said thanks."

According to the certificate of retirement signed by the Area I Commander, Col. Forrest Newton, Kim provided support for over 800 employees. He advised and provided recommendations to the MWR director to facilitate timely personnel actions.

Kim also served as the Korean Cultural Association president. He oversaw education initiatives about Korean arts, music, poetry and essays.

Kim offered short, but sage advice for younger employees.

"Work as hard as you can," he said.

With his retirement, Kim said he will have more opportunities to spend time with his family and on his hobbies of gardening, golf and mountain climbing.

Kim is married to Pak Yong-hui. They have a son and daughter and two granddaughters.

E-mail [david.mcnally@us.army.mil](mailto:david.mcnally@us.army.mil)

# Officials urge respect for employees

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — The Area I commander wants to treat Korean employees with the respect they deserve.

Col. Forrest Newton, Area I commander, met with Korean employees earlier this month. He introduced himself and his command philosophy.

"We've got to find a better way for people to know who you are and how long you have been working for the U.S. Army," Newton told the employees.

He said if someone has been working as a loyal employee for 40 or 45 years, he would like to know by looking at a name tag or something similar.

Newton encouraged the employees to come up with ideas.

"Most Soldiers are polite when they deal with us," said Yi Kyu-chol, Area I Civilian Personnel Advisory Center human resources specialist. Yi specializes in employee relations.

He said he prefers to be called, "Mr. Yi."

"If a Soldier says 'od-jo-shi' this is not polite," Yi explained, "especially if the Soldier is talking with someone older than himself."

The Korean word, od-jo-shi, actually means "uncle."

Yi said it would be more polite to call people by their name.

***"If a Soldier says, 'od-jo-shi,' this is not polite, especially if the Soldier is talking with someone older than himself."***

— Yi Kyu-chol

"They can say, 'song-sang-nim,' a respectful word which loosely means teacher, or say excuse me in Korean, which is 'shi-lay-ham-nida,'" Yi said.

Newton said he is not trying to impose this as a policy; however he wants all employees and Soldiers to be treated with dignity and respect.

"Our employees are faithful, loyal employees who have been with the U.S. Army for many years," he said. "They are not 'od-jo-shi' or 'ad-ju-ma,' they have names."

"If you're out in a Korean shop, and you don't know the shopkeepers' name, it's okay to use 'od-jo-shi' or 'ad-ju-ma,'" said Sgt. Baek Ki-woon, a Korean Augmentation to the U.S. Army Soldier with Headquarters and Headquarters Company, Area I. "But if it is a Korean employee, you could

just say 'sir,' or 'ma'am'."

Many U.S. Soldiers are unaware the Korean words could be considered disrespectful.

"That's how we call a taxi driver," said Spc. Nicholas Jefferson, HHC, Area I. "Sometimes we even shorten it to just, 'shi.' I didn't know it was disrespectful."

Yi said it made him feel good that the Area I commander wants to be respectful to Korean employees.

"Just as I am sort of an ambassador of the Korean people to Americans I meet, Americans are ambassadors of their people to the Koreans," Yi said. "We have to respect each other."

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# Area I reviews equality in the workplace

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — Twenty-nine Area I employees and supervisors attended two separate refresher training sessions Aug. 25 on the prevention of sexual harassment and equal employment opportunity.

“The purpose of this training is to understand that sexual harassment causes harm,” said Vivian George, Installation Management Agency, Korea Region equal employment opportunity specialist. “Most sexual harassment situations are subtle. It is important to know the victim’s perception counts more than intentions.”

George said the training could increase sensitivity to the thoughts and feelings of others.

In a change to the format of the annual refresher training, George added a contemporary video presentation. The program showed actors in a variety of situations demonstrating how sexual harassment can creep into everyday office life.

“It has been well-received,” George said. “This is not the old-fashioned stuff.”

“It was good information,” said Michael Vail, an Area I civilian employee. “A lot of times you may not know what you’re saying could be considered offensive.”

The video showed realistic, contemporary situations, Vail said.

Students discussed how to respect the workplace, and consider what actions are appropriate.

But the refresher training included more than just information on sexual harassment.

Title VII of the Civil Rights Act of 1964, as amended, prohibits employment discrimination based

on race, color, religion, national origin, age, sex (including sexual harassment), mental or physical disability and reprisal.

George explained that the U.S. Army tries to create a workplace free of discrimination.

“When you call us, you need to identify the basis of your complaint,” George said. “You also must remember that the burden of proof is on you, the complainant.”

George said it is vital to contact an equal employment opportunity specialist within 45 calendar days of an incident to file an informal complaint. EEO then has 30 calendar days to resolve the issue.

“We try to resolve complaints at the lowest level possible,” George said. “We also offer mediation. The complaint process is expensive and lengthy. Complaints can cost as much as \$80,000.”

One of the challenges of the process is getting people to file complaints on time, especially at the formal stage, she said.

“Equal Employment Opportunity is for U.S. citizens because these are U.S. laws,” George explained.

Because of the differences in laws and language, the U.S. Army offers unique prevention of sexual harassment training to Korean employees.

The IMA Korea EEO staff also does sensing sessions and staff assistance visits, as needed, George said.

“Everyone here has a race, sex and national origin. This is not just for one segment of the community,” she said. “We must keep in mind that Title VII of the Civil Rights Act applies to all of us.”

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## Gender quiz: differences in communication

### Installation Management Agency EEO

Do women and men really speak different languages? Research shows that there are crucial differences between the communication styles of men and women. Take this quiz to help you understand some of those differences, which are often the source of misunderstanding between genders.

True or false:

1. Women are much more attentive than men are to the nonverbal cues that accompany any discussion or conversation.
2. Men are much more likely than women are to maintain direct visual contact with the other person in a conversation.
3. When considering options, women will want to spend more time discussing all aspects of the issue while men will want a quick decision.
4. Women tend to talk more than men.
5. Even when they are arguing in support of the same position, men and women will use different approaches and types of evidence.
6. In any discussion, men will be much more likely than women to interrupt others in the group.
7. Men and women tend to be judged differently even when they communicate in exactly the same way.
8. In public settings, women tend to be much more relaxed and informal than men.
9. Women are better able to handle stressful situations.
10. Men have a much easier time in drawing directions from a map.
11. Women are much more likely than men to conform to the norms of their organization.
12. In the work environment, women are more approval oriented than men.
13. In groups made up of casual acquaintances, or total strangers, men are much more likely than women to employ humor or jokes as a conversational style.
14. Even when they are equally attentive to a speaker, men and women have different styles of active listening.

See answers below

Gender quiz answers:

1. True. In a series of experiments, researchers demonstrated that women were much better at deciphering messages in film clips that showed people’s movements or expressions accompanying a garbled soundtrack.
2. False. Just the opposite. In all types of situations, women look directly at the other person more than men do. This is true whether a woman is speaking to a man or another woman.
3. True. Women tend to view discussion itself as evidence of involvement and communication. Men often feel oppressed by what they see as lengthy discussions on what they view as minor decisions.
4. False. Although a common perception, this is not the case. Controlled studies have shown that if women and men talk equally in a group, observers report that the women talked more. Some of this perception may be attributable to the tendency of men and women to use speech for different purposes.
5. True. This is not always the case, of course, but research does show that women tend to present their own experience or that of other individuals as evidence for a position. Men will be more likely to use abstract arguments or draw on compilations of information.
6. False. To a certain degree this depends on the definition of interruption. Men are more likely to step in and abruptly change the topic. However, women are more likely to begin talking before someone in a group has finished a statement.
7. True. Research shows that a wide variety of communication styles are judged very differently depending on the gender of the speaker.
8. False. In public, women still tend to adopt a traditional demeanor, one that is more restrained and restricted than that expected of men.
9. True. Research shows that women naturally have a more moderate physiological response to stress. This is one of the factors that reduce women’s risk of heart disease.
10. True. This is one of the visual spatial tasks that men can perform more easily than women. Researchers believe that differences in male-female brain processes account for these consistent variations.
11. False. In a recent study researchers found significant differences between female and male managers on only one item, “conventional style.” On the whole, the men were more oriented toward the status quo, more bound by rules and regulations.
12. Both true and false. It is true that at the lower levels of management women are more approval-oriented than their male counterparts. However, women in high-level jobs report less dependency and need for approval than high-ranking men.
13. True. This is one manifestation of women’s tendency to prefer “private speaking.” Women tend to feel more comfortable when an audience is small, familiar and perceived to be members of a community.
14. True. Women are much more likely to provide verbal clues that they are listening, such as repeatedly saying “uh-huh” or “yeah.” Men often misinterpret these comments as agreement rather than indications of active listening.

Cuisine

from Page 5

Chuncheon

from Page 5

“The most important thing is personal hygiene and techniques in making the food,” he explained.

The food entries were judged by taste, texture, color and appearance.

Republic of Korea Army Lt. Col. Kim Seung-joong and Command Sgt. Maj. Suh Seung-ki joined senior ROKA staff and KATUSA Soldiers from 1st HBCT, MFAB and Special Troops Battalion as guest judges.

“Korean food from the dining facilities has enhanced a lot since the last competition,” said Sgt. Byun Young-suk, Headquarters and Headquarters Battalion, Fires Brigade.

“I will check on the texture of the meat,” he said, adding, “I bet they will bring out great food.”

Even though many Koreans use the DFAC, Korean food was hard to find a few years ago. Now, Korean food is served every Monday, Wednesday and Friday in 2nd Infantry Division dining facilities.

“Since Korean food is included in the board now, it will get better and better,” Kim said. “I hope the U.S. Soldiers enjoy Korean food.”

camp has been closed since March 2005. Mayor Ryu Chong-su offered his support to lessen any associated risks.”

The city agreed to install temporary lights and to tape barriers from the entrance gate all the way to the airfield; to have uniformed and plain clothes police stationed along the entrance pathway to the airfield and in a perimeter around the event to keep participants restricted to the performance area; to have two ambulances and medical personnel standing by; and to have three fire trucks and fire crews on hand, along with Camp Red Cloud Fire Chief John Cook, to oversee the fireworks preparation and execution. Food and alcoholic drinks were

prohibited, but nonalcoholic beverages were allowed. A parking area was established at a nearby school to alleviate traffic problems.

“Overall, tonight’s event was at no cost to the U.S. Army, except where safety was concerned and with Department of Army civilians and Korean National civilian personnel performing overtime,” said William Kapaku, deputy to the Camp Red Cloud garrison commander. “Furthermore, the city assisted in cutting the grass from the gate entrance to the airfield, and cleaning up and removing the trash and fireworks debris during recovery. All and all it was a great affair without any incidents.”

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## Here come the buses

By Sgt. Christopher Selmek

Area II Public Affairs

**YONGSAN** — The buses that transport students to school all year require significant planning during the summer and maintenance before use every day to ensure that students are going to be as safe as possible riding them.

The Seoul Student Transportation Office coordinates all the planning, assigning bus passes and organizing bus routes and many other elements of riding the bus to school that sometimes go overlooked.

Forty buses will stop at 120–160 different places on their way to school this year, transporting approximately 1,500 students every day, according to Ken Bakameyer, transportation operations specialist.

“The first thing we do is we have to go over the routes during the summer to make sure there’s nothing in the way and check the safety of all the bus stops,” said Bakameyer. “We try to emulate the city bus stops whenever we can, but it’s usually good to make sure there’s a light or a crosswalk nearby.”

Along with simply planning the route, the office is also in charge of establishing safe havens for unexpected contingencies.

“We pick out a safe haven for the buses to go to and stay at in the event of a bomb threat or threat condition increases on the base,” said Bakameyer. “The buses can stay there until everything is safe again, or they can return the children to their homes if the warning is too serious.”

Other safeguards involve compiling a student file and then a route file, with the photos and emergency contact numbers of every student using the bus. Identification card scanners on every bus track when each student arrives on or exits the bus for further aid in locating children who may become lost.

The buses themselves are furnished by the post motor pool and are given preventative maintenance checks every day before they are used, said Bakameyer. The contracted company in charge of such services also provide escorts on all buses to assist children with the safety equipment and to maintain discipline.

Despite all these precautions, safety still begins and ends with the children, according to District Transportation Supervisor Bob Denny.

“The first two weeks are the most crucial time,” he said. “The students are still learning how to get on and off the buses and still learning where their bus is in the lineup. The more adult supervisors we have, the less trouble and confusion there will be.”

Denny gives the following tips to parents and students:

- Leave home early enough to get to the bus stop on time.
- Keep body parts inside the bus.
- No horseplay on the bus. TV cameras and bus monitors will see.
- Pay attention to bus monitors and bus transportation officials in yellow vests.

## School is back in session

By Sgt. Christopher Selmek

Area II Public Affairs

**YONGSAN** — Children poured out of school buses or walked to school from on-post housing areas Tuesday, the first day of school for first graders through high school seniors. Kindergartners begin school Wednesday.

According to the school officials, 2,334 students have registered at Yongsan schools, with 1,111 students registered at Seoul American Elementary, 563 at Seoul American Middle School and 660 at Seoul American High School.

Even before school began, some students were eager to get back to school.

“We’re looking forward to meeting new people,” said Kim Osenton, a student at Seoul American High School who went to the school early to check out lockers with friends Lorna Haney and Hana Church. The high school juniors said that they were not especially looking forward to the homework, but eager for sports and other extracurricular activities.

Teachers and school administrators were ready to welcome them and other students after weeks of preparation.

Teacher Jacki Greaves-Latin was one of the high school teachers looking forward to teaching classes after the summer break.

“The sky is clear and it looks pretty outside, it’s a very good feeling to start the year with,” said Greaves-Latin, as she hung posters in her classroom a week before school began. “We have such a nice faculty that is really a pleasure to work with. We enjoy our jobs. Nobody ever comes back grumpy.”

Area II Commander Col. Ronald C. Stephens welcomed teachers back and offered his support for the school year. He met with elementary and middle



PHOTOS BY SGT. CHRISTOPHER SELMEK

*Pfc. Daniel Bivin holds traffic for students while Yi Son-cha stops students from crossing the street on the first day of school, Tuesday.*

school teachers the week before school and will formally greet all new Area II teachers at a reception later this month.

“I’ll try to help in any way I can, not only because I’m the commander but because I’m a parent of a student in each school,” Stephens told elementary school teachers. “I know what it’s like, and I appreciate your involvement.”

Seoul American Elementary School Principal Don Christensen said he has plans for the new year that include changing his office hours to take a more active role looking into the classrooms and being available to about 1,100 students who will need him this year.

“We’re all very anxious to start meeting the needs of the students and doing whatever we can for them,” he said. “Some of these teachers have been in their classrooms and are already working for it before school begins. I know the kids are really excited as well.”



*Students Kim Osenton, Lorna Haney and Hana Church check out their lockers before the first day of school.*

See **School**, Page 11

## School Zones up and running again

By Area II Public Affairs

**YONGSAN** — With the new school year comes additional bus and automobile traffic on Yongsan, as parents drop off and pick up students.

The Area II Provost Marshal Office asks all motorists to drive carefully, particularly in school zones.

The primary authorized area to drop off children is the designated drop-off area on 8th Army Drive next to the elementary school, across the street from the Battle Simulation Center. Other areas where students may be dropped off include the parking area next to Field #5 off of X Corps Blvd. near Stoves Ave., the movie theater parking lot, the Burger King/Popeyes parking lot and the Dragon Hill Lodge parking lot.

Parents who drop off children in unauthorized areas may be cited for obstructing traffic, said Sgt. Ryan W. Ellis, Area II and Yongsan Traffic Accident Investigations office.

“Dropping off a child in an area other than an authorized area endangers the child’s safety and the safety of everyone

else using the roadway,” said Ellis.

Ellis said military police will be diligent in enforcing traffic laws.

“Anyone who commits a flagrant act that places the safety of any child in danger will be recommended to have their driving privileges suspended,” said Ellis.

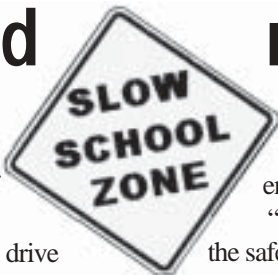
Examples of such violations include excessive speed through school zones or proceeding through crosswalks while children are present.

The following speed limits in and near school zones apply:

■ On 8th Army Drive from the vicinity of Dragon Hill Lodge all the way to X Corps Blvd. the speed limit is 25 KPH (15 mph) Mon.- Fri. during school hours.

■ On X Corps Blvd. from the Child Development Center to the elementary school, the speed limit is 25 KPH (15 mph) Mon.-Fri. during school hours and high traffic times.

■ From Collier Field House to Gate 19, the speed limit is 25 KPH (15 mph) at all times.







"The Barbarian" and "Krash" knock heads outside the ring as spectators enjoy the rough play.

PHOTOS BY CPL. SEO KI-CHUL



Volcano Kid squeezes Dave Duponte's head during the wrestling match.

## Wrestling warriors throw Area II into frenzy

By Cpl. Seo, Ki-chul

Area II Public Affairs

**YONGSAN** — Professional wrestlers with colorful names like "Krash," "The Barbarian" and "Brandi Wine" performed furious matches at the Collier Field House Saturday.

Six male and four female warriors performed a five-match show which included two ladies matches, giving Area II Soldiers and family members a taste of big time wrestling.

The show was highlighted by the final hardcore championship match between WWA world champion "The Barbarian" and opponent "Krash." The Barbarian fascinated spectators by hurling chairs and barricades out of the ring at "Krash."

Many of the spectators were very enthusiastic about the performance.

"I especially appreciate celebrities and different organizations coming through to do something for the military

personnel," said one of the spectators, Network Assignments Editor Eric M. Franklin from American Forces Network Korea. "Thanks to their efforts, many servicemembers can have a free opportunity to enjoy what we often could see in the States."

Even the wrestlers got something out of it.

"It was very exciting and a great experience here," said Christie Ricci, the WWA Ladies Champion, who defended her golden champion belt from challenger Brandi Wine.

"We had a lot of fun doing it. I'm a big fan of the Army and this was our way of showing appreciation to all the things they've done for us," added Ricci.

After the event, the wrestlers held an autograph and photograph session for the spectators.

E-mail KiChul.Seo@korea.army.mil



"The Patriot" responds to fans after knocking down his opponent, "The Milwaukee Mauler."



Venus winces in pain as Allison Danger pulls her against the ropes during the ladies match.



Yongsan kids give "thumbs-up" and "thumbs-down" signs as they cheer for their favorite wrestlers.



Brandi Wine tightens her grip on the champion, Christie Ricci, during the ladies title match.



# Labor Day Block Party kicks off Sunday

## Area II Public Affairs

**YONGSAN** — Latin music star Tito Puente Jr. will headline the Yongsan Labor Day Block Party Sunday in Seoul.

Son of Latin music legend and Latin Grammy Award-winner Tito “El Rey” Puente, who died in 2000, Puente Junior’s music has been described as a fusion of popular Latin jazz and dance, laced with influences of mambo, Cha Cha and Merengue. He has received a Latin Music Award Best Salsa Video of the Year for “Oye Como Va,” has two Spanish-language albums and several dance hits.

Puente will perform at 7 p.m. on a stage behind the Moyer Community Services Center, Bldg. 2259, on Yongsan Main Post (SAHS Auditorium in case of inclement weather).

Mario Farrulla, Area II chief of community entertainment, said the Labor Day Block Party will

have something for everyone, including a community carnival with food and beverage concessions, games and entertainment.

“We had around 2,000 people last year and look for even more this year,” said Farrulla.

Farrulla said two stages will be set up in the parking lot behind Moyer and in front of the Main Post Club, along with seating and bleachers. An

entire area will be devoted to kid’s games.

A “Best Pie” contest will also be held. Judging for appearance, taste and recipe will begin at 4 p.m. in front of the Main Post Club. Prizes will be awarded on stage one at 6:30 p.m. Register at the Moyer Community Services Center and bring your pie on Sep. 4.

E-mail DavisST@korea.army.mil

The block party schedule of events is:		5 p.m.	Adult hotdog eating contest
10 a.m.	Flea Market (under bridge by Moyer CSC)	5:30 p.m.	Adult squats contest
Noon	Carnival opens / DJ music	6 p.m.	Best Pie contest winners announced
12:30 p.m.	Child and Youth Service group performance	6:30 p.m.	DJ music
1:05 p.m.	“Blue Eyze” band	7 p.m.	Tito Puente Jr. show
1:50 p.m.	Children hoola-hoop contest	8 p.m.	Autograph/photo session
2:15 p.m.	“Blue Eyze” band	9:30 p.m.	Activities end
3:05 p.m.	Youth limbo contest	For information, call 723-3291 or e-mail	
3:35 p.m.	MWR band “E-Sharp”	Mario.farrulla@korea.army.mil.	

## School

from Page 9

Principal Darrell Mood was upbeat about this year’s schedule.

“We’ve got a better schedule with more teachers than ever before in our history,” said Mood. “Even though we are the leader in the Pacific, we are not satisfied until all students have reached their maximum potential.”

Mood said the middle school is the only one in the Pacific region with four foreign languages – French, Spanish, German and Korean – available for high school credit. He added that 250 middle school students out of a class of 563

this year will earn high school credit in geometry, algebra and foreign language.

The middle school has also expanded its reading program, said Mood.

“We’re really looking forward to the kids coming back,” said Kathleen Barbee, SAHS principal. “It’s going to be really good to have everybody back.”

The high school has seven new staff members, along with a new greenhouse which some students will work in alongside children from the middle school. A new architectural

design class will be offered this year.

Department of Defense Educational Activity Korea District Superintendent Charles Toth said he was very excited about Yongsan schools’ academic successes in the past year and with the amount of support the schools have been getting from Area II and U.S. Forces Korea. He attributed much success to the parents, saying that they are a key reason students excel in what they do.

E-mail Christopher.M.Selmek@us.army.mil



Sgt. Christopher Selmek

Jacki Greaves-Latin decorates her classroom.

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## NEWS & NOTES

### Parking Lot Closure

The parking lot in front of the Main Post Club will be closed Saturday until Monday for the annual Labor Day block party. Any vehicles not moved will be subject to tow. For information, call 724-4275.

### Fall Softball League

A preseason tournament will be held Saturday – Monday. League play will begin Sept. 10. For information, call 736-7746 or 736-4032.

### Labor Day Block Party

There will be a Labor Day Block Party noon – 6 p.m. Sunday, in front of Moyer Community Services Center and Main Post Club. For information and to register, call 738-5254.

### Labor Day Jam

The Brothers of Lambda Xi Chapter, Omega Psi Phi Fraternity, Inc. will host a Labor Day Jam 9 p.m. – 2 a.m. Saturday in the Naija Ballroom. Tickets cost \$15 in advance and \$20 at the door. Proceeds go toward providing money for scholarships and other community service projects. For information, call 010-8697-7836.

### Filipino-American Get Together

A get together of Filipino-Americans in Korea will be held 1 – 6 p.m. Saturday at Picnic Area One and Two on South Post.

This is a pot luck picnic with music, games and food. Bring your families, friends and guests to meet new friends. For information, logon to [www.filam.com](http://www.filam.com) or call 724-8556.

### Middle School Open House

Seoul-American Middle School will host an open house at 4 p.m. Thursday. Students and parents are invited to come view their classrooms and meet the teachers. For information, contact the middle school.

### Job Opportunity

Positions are open for one catholic youth ministry coordinator and one military community youth ministry. These will be offered until 8 a.m. Wednesday. For information, call Chong Hyon-suk at 724-4587 or (02)7914-4587, or e-mail [Chonghs@korea.army.mil](mailto:Chonghs@korea.army.mil).

### Bake Sale

Headquarters and Headquarters Company, Area II Support Activity, will host a bake sale Sept. 9 and 10 inside the main entrance of the PX.

### ARC Volunteer Orientation

An orientation for American Red Croos volunteers will be held 9:30 a.m. - noon Sept. 15. The ARC is also offering an Adult CPR class 5:30 - 10 p.m. Sept. 9. For information, call 738-3670.

### Concert and Workshop

Oregon Catholic Press composer, performer and clinician Tom Kendzia

## NEO Training & Exercise Brief

The Area II Noncombatant Evacuation Operation, or NEO, team will conduct a day of training and briefings Sept. 13 at Theater 1 in the Multipurpose Training Facility. From 9 a.m.-noon, training will be focused on newly assigned NEO reps and wardens. At 1 p.m., a briefing will be given to all assigned NEO reps, wardens and site personnel on the upcoming

COURAGEOUS CHANNEL NEO exercise. The exercise, which will be held at the end of October, promises to be unlike any in recent memory, according to NEO officials. Commanders and supervisors are highly encouraged to support their NEO personnel's attendance at this briefing. Point of contact for the Area II NEO team is Master Sgt. Jim Hardin at 738-5013.

will host a weekend of music, Sept. 9 – 10 at Memorial Chapel. He will host a concert at 7 p.m. Friday and at 9 a.m. Saturday will be conducting a music workshop. Everyone is invited to participate either or both days. There is no cost involved. Parking will be limited so carpooling is recommended. For information, contact Gene Behrends at 319-2683 or e-mail [parrotdad@hotmail.com](mailto:parrotdad@hotmail.com).

### Newcomers Orientation

The dates for the September Army Newcomers Orientation will be changed to Sept. 12 - 14 due to the Chuseok Holiday. For information, call 738-7505.

### Field Sanitation Course

The 38th Medical Detachment (Preventative Medicine) will offer a 40-hour Field Sanitation Team Training Course Sept. 26–30. Maximum enrollment per company/unit is two and seating is limited. Reserve seats by providing a memorandum to

[cheryl.featherston@kor.amedd.army.mil](mailto:cheryl.featherston@kor.amedd.army.mil) or fax to 724-6256 no later than two weeks prior to the course. Attending personnel should have more than six months time remaining in country upon completion of the course. For information, call 724-6276.

### Harlem Globetrotters at Yongsan

The world-famous Harlem Globetrotters basketball team will be at the Yongsan PX lobby noon-1 p.m. Sept. 14 for a photo and autograph session. For information, call 738-5254.

### Passport Services

The Yongsan Legal Assistance Office now offers passport services. The total cost for a new adult passport is \$97, \$82 for a minor and there is no charge for a military passport. First-time applicants need two 2" x 2" photos, an original birth certificate and a photo ID. Passport renewals require the expired passport instead of the birth certificate. For information, call 738-6841.

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# Aviation transformation includes new aircraft, upgrades

By Carrie David

Army News Service

WASHINGTON — Many changes are in store for Army aviation, beginning with a contract for 368 new Armed Reconnaissance Helicopters.

“ARH is the next significant step in modernizing and transforming Army Aviation,” said Col. Mark Hayes, TRADOC system manager for reconnaissance and attack, located at Fort Rucker, Ala.

The \$2.2 billion contract with Bell Helicopter Textron Inc. — awarded July 29 with a signing ceremony Aug. 29 — calls for delivery of 38 of the new aircraft by fiscal year 2008, with the remainder delivered by fiscal year 2013.

“The ARH will have a larger, enhanced engine,” said Col. Greg Gass, deputy director of the Army Aviation Task Force in the Pentagon.

In addition, an upgraded tail rotor from the Bell 427 provides greater directional stability and control authority and the upgraded glass cockpit provides greater accuracy, has better display ergonomics, and is more user friendly than the current display, said Gass, comparing it to the current OH-58 Kiowa helicopter.

The ARH will also incorporate an

exhaust infrared suppressor. “This device suppresses heat from the helicopter so that it is less detectable by the enemy,” Gass said.

“The ARH will replace the current Kiowa Warrior, one for one,” said Lt. Col. Neil Thurgood, program manager for ARH, located at Redstone Arsenal, Ala.

“The normal flying hours for the Kiowa is 14 a month, but it is flying about 70 hours a month per aircraft,” said Gass. “That is a lot of strain on an aircraft. The ARH can sustain the current flying requirements.”

The ARH is one of many initiatives resulting from the cancellation of the Comanche project in 2004, Gass said, which took the Army into a new phase of Army Aviation Transformation.

***“Our program is really about trying to use the current existing state-of-the-art technology and getting it to the warfighter as quickly as possible.”***

**Col. Neil Thurgood  
Armed Reconnaissance Helicopters**

“We wanted to optimize our fleet for the joint fight and reduce logistics,” said Gass. “We are restructuring our maintenance and sustainability so that it won’t be so burdensome — more flexible,

more deployable, more agile and more modular.”

“The decision to restructure Army Aviation through the termination of Comanche really permitted us to take some of the investment — known and tested technologies — and integrate them quicker into old and new systems,” Gass said.

“Reinvesting the gains we made with the Comanche project helped reduce the process of acquisition and saved time,” said Gass. “We are at war, and we wanted to make it happen quicker.”

“The Army Aviation Center at Fort Rucker, Ala. — recently designated the Unmanned Aerial Vehicle Center of Excellence — brings war fighting capabilities to the field by developing new concepts, programs and training for aviation Soldiers worldwide,” Hayes said.

New concepts and programs are already developed to transform Army aviation.

“A request for proposals was issued in July 2005 on the Light Utility Helicopter,” said Gass. “The first equipment is expected on the ground in fiscal year 2007.”

The LUH will conduct light general support in permissive environments and Homeland Defense, and will replace the legacy UH-1 Huey.

“The Future Cargo Aircraft will

replace the C-23 Sherpa,” said Gass. “It will provide tremendous capability in getting critical supplies to forward deployed forces, because it will be able to land on a very short runway — about 2,000 feet, which is a better capability than anything else we have out there.”

“Comanche money provided us the new buys [aircraft] as well as allowed us to recapitalize the current fleet,” said Gass. “The Apache, The Chinook, UH-60, all will receive upgrades.”

One of the investments is in Aircraft Survivability Equipment. ASE provides counter measures to aircraft to defeat surface-to-air missiles and other threats to aircraft, said Gass.

“We are upgrading ASE and outfitting all rotary-wing aircraft with the common missile warning system — upgraded missile detection — through an accelerated process because of the need and desire to get the best equipment to the field,” said Gass.

“Our program is really about trying to use the current existing state-of-the-art technology and getting it to the war fighter as quickly as possible,” Thurgood said.

“We will restructure and transform into a modular, capabilities-based, maneuver force, which will provide significant contributions to the War on Terrorism and the future of Army aviation,” Hayes said.

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AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Bewitched PG-13	Dark Water PG-13	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Dark Water PG-13	Rebound PG	The Island PG-13
ESSAYONS 732-9008	No Show	No Show	No Show	No Show	No Show	No Show	No Show
HENRY 768-7724	Bewitched PG-13	Dukes of Hazzard PG-13	Dukes of Hazzard PG-13	Dark Water PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Dark Water PG-13	Dark Water PG-13	Fantastic Four PG-13	Fantastic Four PG-13
HIALEAH 763-3120	Dukes of Hazzard PG-13	War of the World PG-13	Bewitched PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	Rebound PG	Deuce Bigalow: European Gigolo R	Rebound PG	Dark Water PG-13	Deuce Bigalow: European Gigolo R	Dark Water PG-13	High Tension R
KUNSAN 782-4987	Stealth PG-13	Stealth PG-13	Stealth PG-13	No Show	No Show	No Show	Dark Water PG-13



**Bewitched** -- When Jack accidentally runs into Isabel, he becomes convinced she could play the witch Samantha in his new TV series. Isabel is also taken with Jack, seeing him as the quintessential mortal man with whom she can settle down and lead the normal life she so desires. It turns out they're both right—but in ways neither of them ever imagined.



**Valiant** -- A lowly wood pigeon named Valiant, overcomes his small size to become a hero in Great Britain's Royal Air Force Homing Pigeon Service during World War II. The RHPS advanced the Allied cause by flying vital messages about enemy movements across the English Channel, whilst evading brutal attacks by the enemy's Falcon Brigade.



**Deuce Bigalow: European Gigolo** -- Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe's greatest gigolos. Deuce must go back to work in order to clear his good friend's name. Along the way, he must compete against the powerful European Union of prosti-dudes and court another bevy of abnormal female clients including the beautiful Eva, who suffers from acute obsessive-compulsive disorder.



**High Tension** Two worlds collide disastrously — a rusted delivery van barrels through cornfields; meanwhile, Alex has brought her friend Marie to spend the weekend at her parents' country farmhouse to escape the hectic pace of Paris. Behind the van's wheel, the driver caresses ripped photos of young women; at the same time the girls get ready for bed dishing girly gossip. At the end of the road lies an isolated house, caught in the van's headlights; as the girls close their eyes, an intruder is about to turn their innocent dreams into a relentless and bloody nightmare.



**Rebound** -- Robinson Coach Roy once was college basketball's top mastermind. But lately his attentions have been on his next endorsements, not on his next game. What's more, Roy's temper has run amuck, leading to his being banned from college ball until he can demonstrate compliance—in other words, not explode every time he walks onto the court. Roy waits and waits; for a suitable coaching offer, but he receives only one: the Mount Vernon Junior High School Smelters basketball squad.



**Land of the Dead** In a modern-day world where the walking dead roam, the living try to lead "normal" lives behind the walls of a fortified city. Outside the city walls, an army of the dead is evolving. Inside, anarchy is on the rise. With the very survival of the city at stake, a group of hardened mercenaries is called into action to protect the living from an army of the dead.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Mindhunters R	Cinderella Man PG-13	Mindhunters R	Cinderella Man PG-13	No Show	No Show	No Show
OSAN 784-4930	Valiant G	Valiant G	Valiant G	Fantastic Four PG-13	Fantastic Four PG-13	High Tension R	High Tension R
RED CLOUD 732-6620	Deuce Bigalow: European Gigolo R	War of the World PG-13	War of the World PG-13	Bewitched PG-13	Dark Water PG-13	No Show	Valiant G
STANLEY 732-5565	Bewitched PG-13	Dark Water PG-13	Dark Water PG-13	Rebound PG	No Show	Valiant G	Rebound PG
YONGSAN I 738-7389	Valiant G	Valiant G	Valiant G	Rebound PG	Rebound PG	Dark Water PG-13	Dark Water PG-13
YONGSAN II 738-7389	Valiant G	Valiant G	Valiant G	Bewitched PG-13	Bewitched PG-13	The Perfect Man PG	The Perfect Man PG
YONGSAN III 738-7389	Land of the Dead R	Land of the Dead R	Land of the Dead R	The Longest Yard PG-13	The Longest Yard PG-13	Cinderella Man PG-13	Cinderella Man PG-13



# Overcoming our nature to find spirit of giving

By Chaplain (Maj.) Stephen Broadus  
2nd Bde., 1st HBCT

There is a great book entitled “Everything I Needed to Know I Learned in Kindergarten.” This book covers a variety of topics. I believe if we would just go back and do what our kindergarten teachers taught us, life would be a better place.

One of the issues I remember from kindergarten, I was taught to share. In kindergarten, all I had to share were crayons, paper and toys. Life now is a little more complicated. With a wife, three teenage daughters, two dogs and a horse, sharing is a little more difficult.

In Corinthians 8, Scripture tells us that some were sharing beyond their means. When we give in this manner, it is a test of our love and concern for others. Sharing is simply giving to others and thinking of them as we go about our lives.

Furthermore, it is my observation that human beings are not naturally giving. Generally they look out for themselves.

As a chaplain, I have seen that in every aspect of life. Personal dysfunction arises because we are selfish with time, love, affection and energy for others.

This is true in married and single life. Most of life’s troubles would vanish if people

would put their wife, children and friends before themselves. Here are just a few simple suggestions for sharing:

- Let someone else watch what they want on the television
- Let them eat what they want for dinner
- Let them talk about what they want
- Give a little extra in the offering plate on Sunday at your place of worship

The paradoxical is true: We only truly receive as we give.

To be perfectly honest, my wife is the giving one in the family. A humorous example of this is when we have guests at our house; my wife buys enough food for two or three parties.

When we first got married, I tried to fight her generosity. I finally realized she was never going to change.

I learned from my wife that I needed to go above and beyond what is expected in giving and sharing my time, love and energy to others. Of course, I need some time for myself on the golf course every week or so. Finally, I realized that I find true meaning in giving beyond my means.

If you ever find yourself wondering where the meaning of life comes from, it comes from beyond yourself. I urge you to share yourself and your talents with someone today.

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**Chaplain (Capt.) Robert Marsi**  
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For information on religious services, contact the area chaplain’s office.

Ad goes here





PHOTOS BY MASTER SGT. RICHARD BREACH

The Shinjang Shopping Mall, just outside Osan Air Base, has something for everyone, whether they are interested in shopping or trying traditional Korean food.

# Shoppers find it all in Songtan

By Spc. Joanne M. Pae

109th MPAD

**SONGTAN --** Korean Travel Lesson #1: The area around Osan Air Base is synonymous with shopping.

Considered a must see, or perhaps a “must shop,” the city of Songtan’s Shinjang Shopping Mall, just outside the main gate of Osan, provides the perfect place for travelers to drench their senses in Korean culture. The streets are littered with scores of shops, street merchants and open air market vendors.

There truly is something for everyone – tailored and ready-made clothing, sunglasses, sports clothes, handbags, jewelry, ceramics, blankets and much, much more.

Custom-made suits and shirts can be found at any one of the numerous tailors in the area for relatively low prices. A custom-fit, men’s wool suit costs about \$120, while a custom-fit dress shirt can be made for as little as \$20. Gowns, robes and dresses can be customized for the ladies with gorgeous silk fabrics and unique embroidery.

And ladies - Songtan is a handbag lover’s paradise. Name brand purses, wallets, totes and suitcases are available at terrific prices, but buyers should be aware that some shops offer items of lower quality. Shoppers are advised to look carefully at bags to see if they are made with vinyl interiors and inferior stitching.

If clothing isn’t your bag, check out some of

the jewelry stores for items such as Korean jade and blue topaz. Also, many shops and vendors offer



Shoppers check out bargains on name-brand shoes.

travel souvenirs for the tourist.

If all this shopping has made you hungry, you’re in luck. The Osan area offers a thriving open air market and numerous restaurants for the weary shopper.

Traditional Korean fair can be found alongside American and Filipino restaurants. If experimenting in a new eatery doesn’t sound appealing, familiar places like Burger King or McDonald’s can easily be found.

A shopping trip to Songtan is a great way to top off a tour to Korea. Check with your local Morale, Welfare and Recreation office, or the post tour and travel service for inexpensive transportation information. For an example of the shopping junkets available, consider that MWR in Area IV offers a one-day shopping excursion with round-trip bus service for \$12.

If traveling by vehicle, park on Osan Air Base and walk out the main gate.

Happy Shopping!

## Where to Go? What to Buy?

For a shopping guide, directions and insider tips on finding the best deals, check out The American Forces Spouse’s Club Seoul, Korea’s Web site at [www.afsckorea.org](http://www.afsckorea.org) and click on “Shopping Guide,” then “SongTan.”





### Labor Day Weekend Block Parties

#### Camp Red Cloud

CRC's Labor Day Weekend Block Party will be at the parking lot of Mitchell's, Monday. Events will include the Military Idol Installation Qualifier, Morale, Welfare and Recreation live bands, inflatable games, chili cookoff, food booths, tae kwon do demonstration and door prizes. Units wishing to take part in the activities may call 732-9020. Labor Day weekend activities are also planned at other Area I installations.

#### Camp Casey/Hovey

The Camp Casey/Camp Hovey block party will be Saturday, with MWR bands beginning to play at 4 p.m. Food and beverage vendors will also open at that time, with the Military Idol preliminary starting at 7 p.m. Festivities will move to the Hovey CAC Outdoor Stage Monday, with MWR band beginning at noon at the same time food and beverage opens. The Camp Casey/Hovey Military Idol Qualifier is at 1 p.m. The Latino musician, Tito Puente Jr. entertains at 7 p.m.

### Labor Day Two-Man Golf Scramble

A Two-Man Golf Scramble is scheduled at the CRC Golf Course and Casey Indianhead Golf Course during the Labor Day weekend. The CRC Golf Course hosts the tournament Friday with shotgun starts at 8 a.m. Medal scores are the closet-to-the-pin, the longest drive and the most-accurate drive. Sign up at the pro shop. For information, call 732-6843. Indianhead Golf Course hosts the tournament Saturday with shotgun starts at 9 a.m. Pro shop certificates are awarded for first, second and third places. Categories are closet-to-the-pin and the longest drive. Door prizes are also offered. Sign up at the pro shop and call 732-4885 for information.

### Golf Course Breakfast

The Camp Casey Golf Course Restaurant is serving breakfast from 6-9 a.m., Monday thru Friday. For information, call 730-4334.

### Bowling Center Specials

The Camp Casey Bowling Center offers many special events during the summer months, including: Purchase a Mean Gean's Burger combo meal or 14" pizza and get one free game as part of the free bowling program, 11 a.m. to 2 p.m., Monday thru Friday; The Camp Hovey Bowling Center offers Dollar Bowling Sunday thru Thursday. For information, call 730-5168.

# R&R program hits milestone

By Spc. Jonathan Montgomery

Army News Service

ATLANTA, Ga. — When his commander in Iraq first told him that he was to become the quarter-millionth traveler flying back home as part of U.S. Central Command's Rest and Recuperation Leave Program, Cpl. James David Holcombe's initial reaction was, "What did I do wrong?"

The answer was nothing, nothing at all, except to attract the distinguished presence of people like a three-star general, a Georgia state senator, and the president of the USO of Georgia.

They were all on hand when Holcombe landed the morning of Aug. 22 at Hartsfield-Jackson International Airport in Atlanta, with his final leave destination in Morgan City, La. They were there to recognize the milestone in the successful operation of the R&R Leave Program and to honor Holcombe as the 250,000th participant since the program's inception Sept. 25, 2003.

"It's scary," Holcombe said about being the 250,000th participant. "It feels like I've hit the lottery."

Holcombe serves as a mine detector instructor for the 200th Engineer Battalion, Multi-National Corps-Iraq Explosive Hazards Coordination Center and is stationed at Camp Victory, Iraq.

Lt. Gen. R. Steven Whitcomb, the commanding general of Third U.S. Army/Coalition Forces Land Component Command, said Soldiers like Holcombe are helping to make the world a safer place, fighting against extremism.

"We often lose sight that freedom is

not free, and that this war is a fight for survival against those who want to bring the United States and democratic systems down," Whitcomb said. "But, America's team is a pretty unbeatable team whose power other countries want to emulate."

Whitcomb said that Holcombe

***"America's team is a pretty unbeatable team whose power other countries want to emulate."***

**Lt. Gen. Steven Whitcomb  
3rd U.S. Army/Coalition Forces Land Component Command**

represents a new line of heroes whose courage under fire will never be forgotten.

"Corporal Holcombe saves his and other Soldiers' lives every day by ensuring that killing and maiming devices in Iraq are neutralized," Whitcomb said. "By doing so, he is going to be part of that newest and greatest generation. Corporal Holcombe, we thank you for your service."

Sen. John Douglas, chairman of Veteran and Military Affairs in the Georgia Senate and chairman of the 45th Senate District, DeKalb County, added to Whitcomb's remarks by saying that the reason America has the liberties it has are because of self-sacrificing people like Holcombe.

"The reason I take an interest in Soldiers is because I was one," said the retired air defense artillery officer. "Corporal Holcombe, we are greatly, greatly honored to have you here today, and we're glad you're home safe and

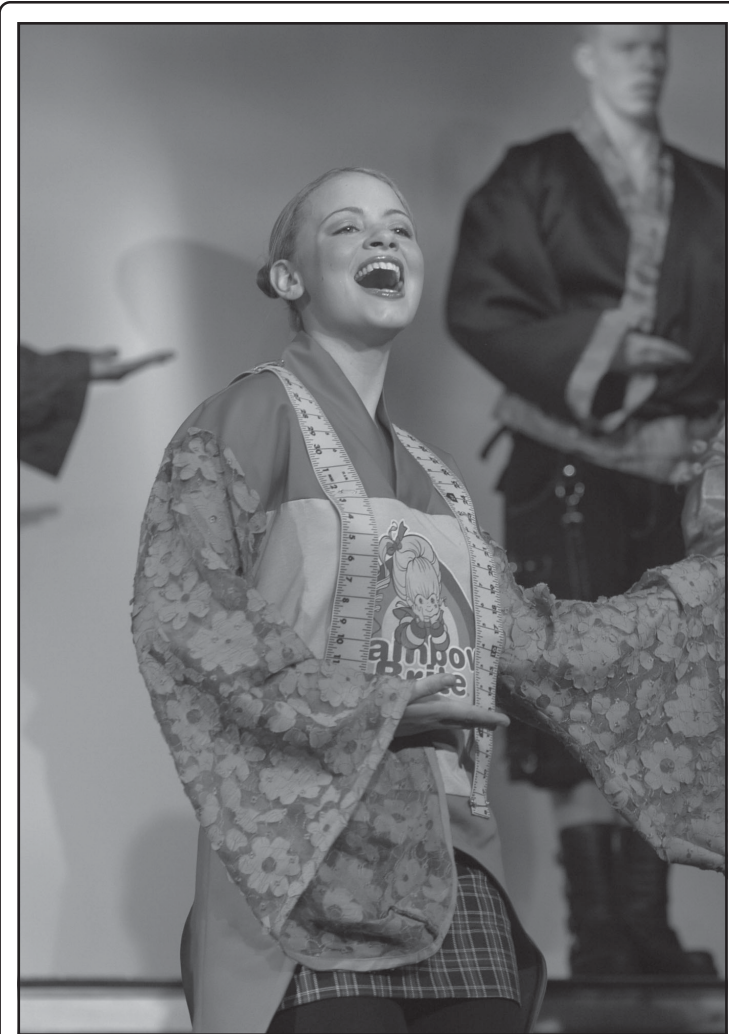
sound. The tree of liberty needs to be watered by the blood of patriots. The alternative is tyranny, and that's not an option."

The gifts that Holcombe received for being the 250,000th participant included a \$100 gift certificate to use at any Army and Air Force Exchange Service facility or post exchange, and a trip for two anywhere in the United States from the Scheduled Airline Ticket Office, known as SATO, a contracted travel agency for the military.

Holcombe also received a special gift packet provided by the USO of Georgia that included a men's manicure set in leather case, a USO coffee mug with Hero Bear inside, an AFLAC duck; a portable CD player with a gift certificate from Best Buy to be used to buy CDs of his choice, a decorative pen set for writing, and multiple gift certificates for each of the following: Chick-fil-A, Longhorn Steak House, Wendy's, Domino's Pizza, Outback Steak House, Chili's and Macy's Department Store.

About 550 service members fly home on R&R leave daily as they take part in the R&R Leave Program. Two aircraft fly troops daily from Kuwait City International Airport to two gateways in the United States, one in Atlanta, and the other in Dallas/Fort Worth, Texas. Roundtrip airfare from duty station to final leave destination is at no cost to the Soldier.

*(Editor's note: Spc. Jonathan Montgomery serves with the Third U.S. Army Public Affairs Office.)*



TIM HIPPS

## Soldier Show

First Lt. Christina Fanitzi of Camp Humphreys, South Korea, sings Gwen Stefani and Eve's "Rich Girl" during rehearsals for the 2005 U.S. Army Soldier Show. The 19-Soldier troupe is scheduled for 102 performances across America, Korea and at Camp Zama, Japan. The six-and-a-half-month tour will end Nov. 13 back at Fort Belvoir, home of the Army Entertainment Division.

The show will be in Korea Sept. 17-29. A list of performances include:

- Sept. 17 – Yongsan Garrison
- Sept. 18 – Yongsan Garrison
- Sept. 21 – Camp Stanley
- Sept. 23 – Camp Casey
- Sept. 24 – Camp Casey
- Sept. 26 – Camp Walker
- Sept. 27 – Camp Walker
- Sept. 29 – Camp Humphreys

For showtimes and locations, contact the local Morale, Welfare and Recreation office.



## Hot Refueling Point: providing gas on demand



A Marine Corps Chinook helicopter pulls in for refueling during an August 26 mission.



Refueling Point crew members and aircraft flight crew work together to electrically ground the Chinook and safely accomplish the refueling.



The helicopter crew chief observes acting Refueling Point NCOIC Sgt. Kevin Parker, as he pumps the tanks full.



With a fresh load of fuel, the helicopter flight crew taxis out to resume their mission.

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – When the mission's hot – but no fuel you got; who ya gonna call?

At Camp Humphreys it's the crew of the Hot Refueling Point, an aviation gas station south of the southern most point on the runway, where a helicopter can refuel without killing its engines.

"We're here to provide rapid refueling services to military helicopters," said Acting Noncommissioned Officer in Charge, Sgt. Kevin Parker, a 23-year-old Soldier from Orlando, Fla. "We operate from nine in the morning until midnight five days a week and will stay open Saturday and Sunday if units request it."

"Before we proceed with refueling, we make sure that the helicopter is grounded and there is no chance of static electricity causing problems."

Parker is the current leader of a group

of 16 Soldiers and Korean Service Corps employees who, in July, serviced 188 helicopters dispensing 108,278 gallons of JP-8 from their twin 50,000-gallon storage tanks.

"Sometimes we're not real busy," said Parker, "but other times we've got aircraft lined up waiting. It's all according to their mission schedule. We're just here to provide support."

"The only time we're not operating during our open hours is when there is lightning within five nautical miles of the site. You just don't mess around with jet fuel and lightning."

The crew consists of Sgts. John Bridges, Derek Portee, Cynthia Cargile, Demiko Woods and Spc. Mark Rodriguez; and Korean Service Corps members Ko Kyong-sok, Kang Pyong-ho, Pak Kwang-hun, Pak Yong-sik, Cho Chi-hang, Sin Chin-u, Kang Tong-sok, Chang Chom-pak, Paek Chong-chol and Kim Chin-hong.



U.S. Army Photo

Safety plays a large role in the Hot Refueling Point operation. The crew always uses hearing protection and all safety and static electricity grounding rules are followed at all times.

## Maint. Co. SSA wins Supply Excellence Award

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – The 520th Maintenance Company Supply Support Activity has won the 19th Theater Support Command Supply Excellence Award, Level IV, Category A, Small Supply Support Activity for FY2005.

This is the first time the unit has competed for the 19th TSC award and been recommended to compete for the Eighth United States Army Supply Excellence Award competition for FY2006.

The unit stocks repair parts for ground vehicles ranging from sedans to trucks to forklifts.

"We couldn't actually build new vehicles out of parts on hand," said Warrant Officer Celeste Melena, accountable officer for the 520th SSA. "But we could

do a credible job of completely rebuilding one."

The objective of the Supply Excellence Award is to enhance an organization's logistical readiness and supply support effectiveness. It provides an incentive for extraordinary supply operation, property accountability, and resource management.

"We go to the field to support our customers," said Melena. "To do that properly we have to take the parts with us, and we can now do that. Right now 80 percent of our assets are deployable."

"That means that if we go out for a weekend to support a local exercise," she said, "or deploy to the Indian Ocean to support disaster relief, 80 percent of the parts in our system will come with us and provide a working stock for our customers."

Designed to increase awareness of the Army

Command Supply Discipline Program, SEA provides a forum from which to recognize performance improvements, initiatives and supply operations at the organizational and supply support activity levels.

SEA is a Total Army Program. It is open to all active Army, National Guard and Army Reserve Component units organized at the battalion level or below.

The level the supply support activity competes in depends on the number of lines of stock it is authorized, its monthly transaction volume and the number of unit customers supported. The 520th SSA currently has 1,756 Authorized Stockage Lists supporting 34 unit customers in Area III.

"We won this award because of the hard work of the talented people who work for me," said Melena. "I'm proud of them. They make things happen."



## NEWS & NOTES

### Help Wanted

Applications are being accepted for full and part time Child Care Givers at the new Camp Humphreys Child Development Center. Applicants must be 18 or older, able to lift 40 pounds, able to read and write English, a U.S. citizen, available between 5:30 a.m. and 6:30 p.m. and able to pass a background check required for working with children. Forms are available at the Civilian Personnel Office. Call Son-son at 753-8773 for information.

### 5th Annual Pyeongtaek Port Half-Marathon

The annual Pyeongtaek Port Half-Marathon is scheduled for Oct. 30 and the first 90 Area III Soldiers, civilians and family members to register are invited to participate for free. Participatants may choose the 5K or 10K run. To run in the event, participants must be registered by close of business Thursday. Register by contacting Peter Yu, Area III community relations officer, at 753-7652, via fax at 753-7836, or via e-mail at YUP@Korea.army.mil. For information, call 753-7836.

### Painted Door Thrift Store

The Painted Door Thrift Store is open 10 a.m. to 2 p.m., Wednesday and Friday, and on the first Saturday of the month. The Painted Door is holding a bag sale Friday and Saturday. Everyone is welcome.

The Painted Door is expanding to become a "Thrift and Gift Store." Crafters are needed to help stock the new gift shop operation. Consignments will be accepted on Fridays begining Sept. 9, and donations are always welcome.

Volunteers are needed to work at the Painted Door. Please come out and support your community.

### Chili Peppers Potluck, Bingo

The United Club invites all ID cardholders to come out for an evening of Red Hot chili Peppers at 6:30 p.m. Sept. 14. The event will be held in the third floor meeting room of Army Family Housing, Bldg. 510. Bring your favorite Mexican/Hispanic dish for potluck and be prepared for Bingo.

No childcare will be provided. If you have questions contact the United Club by e-mail at unitedclubarea3@yahoo.com.

### New & Notes Submissions

To submit items for inclusion in The Morning Calm Weekly's Area III News & Notes, call 753-6132.

## Howell Invites everyone to "Join the Run!"

### Area III Public Affairs

**CAMP HUMPHREYS** – Camp Humphreys' Gym sponsored the "Run Into Summer" five and ten kilometer fun run August 27. The event, with an 8 a.m. start time, drew 107 runners.

"We sponsor five, ten and sometimes 20K runs once or twice a month," said Jim Howell, Area III sports director. "The runs generally correspond to major holidays, and we get good participation."

Howell emphasized that the runs are not just for Soldiers. "We like to see everybody participate," he said. "We have Soldiers of course; but we also have civilian employees, contractors and spouses and children running. We even

had a Sailor and a Marine running Saturday.

"Families wishing to participate can walk, push strollers, do whatever they need to do to enjoy the activity," he continued. "Everyone is welcome."

Saturday's best times, male and female, are:

**Five Kilometer** -- 16:29, Arnold Reese, 520th Maint. Co.; 18:18, Sonia Meza, 348th Quartermasters

**Ten Kilometer** -- 33:58, Clinton Mercer, 52nd GSAB; 44:53, Racquel Obmerga, 568th Med Co.

**Ten Kilometer (Unit)** -- 1:00:13, 501st Signal Company



PHOTOS BY ROGER EDWARDS

Clinton Mercer, 52nd GSAB finishes Saturday's 10K run with a time of 33:58. Here he approaches the finish line escorted by a military police vehicle.



The 501st Signal Company runs Saturday's 10K as a group. They finished first with a time of 1:00:13.



John Baker, three-and-a-half years old, runs the 5K race with his mother Sonia, and sister, Cynthia. Their time was 59:18.

## BOSS elects new officer slate

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Thirty unit Better Opportunities for Single Soldiers representatives here, elected a new slate of officers Aug. 23 and will install them during the BOSS Ball Sept. 17.

Elected as the Area III Coordinator is Spc. Philip Carmichael, a 26-year -old native of Bath, Maine, who has served in the Army for two years, spent 15 months in Korea and became a BOSS unit representative for the 602nd three months ago.

"I'll become BOSS full time as of Sept. 17," he said, "and will be working directly with Area III Command Sgt. Maj. Robert Frace."

Other new officers are:

**Camp Humphreys President** -- Spc. Michelle Bruner, 58th Avn

**Vice President** -- Cpl. Ha Hun-sung, 58th Avn



ROGER EDWARDS

Outgoing Area III Boss Coordinator and Camp Humphreys President, Spc. Christopher Mastromarino (left), is showing the ropes to newly elected Coordinator Spc. Philip Carmichael.

**Treasurer** -- Pfc. Sean DeGroff, 3rd Military Intelligence

**Secretary** -- Pvt. Isabel Martinez, 176th Finance

**Cultural Liaison** -- Pfc. Ji Tae-ho, 602nd ASB



ROGER EDWARDS

### New Classrooms

Camp Humphreys American Elementary School has a new building this year. The six new rooms provided by the building will be used for classrooms, a music/art studio and a gifted education/counseling facility. The school's cafeteria has also been remodeled and will now seat 60 students at once. "But with all the new students, we're going to have to serve lunch in four groups," said HAES Principal Donna Kacmarski.



## New school year begins:

## Humphreys American Elementary School grows

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – The first full day of classroom instruction at Humphreys American Elementary School was Tuesday. But Teachers, parents and students had the opportunity to meet and greet each other Aug. 26 when the school held a



D.J. Merriwether enters 5th grade this year.



Sue Young Ko returns to Korea after five years teaching in Japan, Europe and the States.



HAES principal Donna Kacmarski, introduces members of her staff to students and parents at the Aug. 26 Meet Your Teacher gathering at the Youth Services Center.

“Meet Your Teacher” gathering at the Youth Services Center and School.

“We’re larger this year,” said HAES Principal Donna Kacmarski. “Our student body has grown from about 150 last year to more than 200 this year, we have a new building that is providing us with six additional rooms for classes and other activities, our cafeteria will now seat 60 students at once and the staff has grown from 21 to 33.

“We thought that we should take the time to introduce ourselves to the community.”

The event filled the Youth Services Center Gym with parents, and students, eager to meet the men and women who would be teaching during the 2005-2006 school year.

Second-grade teacher Sherri Longoria, who is returning to HAES for her third year, said that she started teaching here before HAES was completely a school. “The school’s only been here for three years,” she said, “and when I started here the walls were not even completely painted. It was still

pretty much a bowling alley.

“That first year I had 15 students in the second grade.”

Last year Longoria taught 25 students and this year she will be starting her class with 20. “But I’m sure that number will increase,” she said. “There will be more students showing up as new families are assigned to the base this fall.”

Longoria says that she is “excited” to get back to Korea following her visit to the states. “I brought back some supplies for school that weren’t available here last year and am really looking forward to the new year,” she said.

According to Charles Toth, superintendent of Department of Defense Dependents Schools in Korea, Humphreys is the fastest growing school in the Department of Defense Educational Activity.

First-grade teacher Jared Collins is beginning his first year at HAES this year, but has taught with DODDS for five years previous. “I taught fourth-grade Spanish at Yokosuka, Japan,” he said, “and second-grade Spanish Emersion at Lakenheath, England.

“I’ve been teaching for ten years now,” he continued, “with my first five years in civilian schools in Utah and California. With ten years experience, I feel privileged to be

part of the DODDS system. Our students are with us to learn and their parents support both them and the teachers.”

Another new staff member at HAES is Sue Young Ko who will teach the fifth grade. “This is not my first time in Korea,” she said. “I taught at Osan and Seoul five years ago, then went to Europe and Japan and back to the states.”

Ko, who has also been teaching for ten years, said that she appreciates the quality of teaching here in Korea.

The teachers are not the only people happy to be starting a new school year. D.J. Merriwether, who starts the 5th grade this year, his second at HAES, said. “I’m ready to get back to school. I enjoyed playing video games but I want to get back in class.”

Nine-year-old Ashley Gerlach says that she enjoyed her summer but “Yeah! I’m looking forward to going back to school and seeing all my friends again.”



PHOTOS BY ROGER EDWARDS

Returning second-grade teacher Sherri Longoria leads students, parents and family members to her classroom.

## IDEA establishes Humphreys home schooling office

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – Inter-national Distance Education of Alaska, IDEA for short, has established an office on Camp Humphreys.

Led by Jana Almquist and Stacy Oliver-Skaggs, the IDEA office is a clearing house of information and official documents for those who, through circumstance or choice, home school their children.

IDEA began in Alaska as a method to deliver public educational resources to those families with children unable to attend school due to distance and isolation. It is now an accredited distance education program that brings technology home to the student.

A learning program such as IDEA is a requirement for those families in Korea who are not command sponsored or whose children do not qualify to attend a Department of Defense school.

“IDEA gives parents and students options they wouldn’t otherwise have,” said Almquist. “I home school my daughters part time in English, math and history even though they are command sponsored and have access to DoD schools. It gives me some control and allows me to be sure they are mastering their lessons to my satisfaction.

“Rebekah (12) and Johanna (14) go to school for other subjects that can be done better in school than at home,” she said. “For instance, it’s just not possible



ROGER EDWARDS

Stacy Oliver-Skaggs (standing) and Jana Almquist are in charge at the Humphreys IDEA headquarters.

to home school music and band as well as it can be done at school. So, my girls join their brother Jacob (10) at school for those types of subjects and for activities. When Jacob reaches high school, he will most likely be home schooled too.”

There are benefits to home schooling that may not be initially apparent. When parents sign their children up for home schooling with IDEA, an allotment provides for purchase of course materials. A computer (laptop or desktop) and multi-functional printer is provided (one for every three or fewer students in the home) and internet costs are reimbursed. Each

student receives support of certified teaching staff assistance as needed and the standards meet or exceed state and national standards. IDEA provides individual and high school planning consultation and carries official transcripts in one place wherever the student might be. IDEA provides standardized testing, tech support for hardware and software and on-site workshops for both parent and student.

“For some children IDEA is the ideal program,” said Oliver-Skaggs. “Kids can get bored sitting in class while the teacher ensures everyone has absorbed the material before moving on to the next point. Home schooling allows me to ensure my son and daughter know the information and move on. It helps keep them motivated.

“As a military family we move often,” she continued. “Home schooling allows me to maintain continuity over what they are learning instead of missing material that a school they move to may have covered before they arrived.”

Oliver-Skaggs home schools her son Walker (fourth grade) full time and her daughter Morgan (seventh grade) part time.

IDEA can be reached via e-mail at koreafieldrepjana@intidea.org or at koreafieldrepstacy@intidea.org. Their office is in Building 262, in the end opposite the American Red Cross office.



*Ad goes here*

## Taegu American School adds 'instant classroom'

*'Classroom in a box' transported from Busan to help ease space crunch*

By Galen Putnam

Area IV Public Affairs

**CAMP GEORGE** – When sophomore Daniel Pressley and junior Kenny Harris set out in search of their first period Spanish class the first day of school at Taegu American School Tuesday, they both initially walked right past the classroom because it is, after all, a shipping container – you know – the kind you see on the back of 18-wheelers, on freight trains and on cargo ships.

"I walked right past it going to Room 401 (Building 3016). I didn't even think it was a classroom," Pressley said of the "classroom in a box."

"It is pretty nice inside. It feels a lot different inside that it looks from the outside. It is actually all right in there. It is nice and cool and quiet," he said.

The classroom is located just across the parking lot from the school's gym, next to the outdoor basketball court. Another exterior classroom building is located just a bit farther from the gym near Camp George's Gate #3.

"From the outside it looks pretty small but inside it is very cozy," said Harris of the 12-by-38-foot classroom. "It is a nice learning environment. You can hear the teacher easily. I like it."



GALEN PUTNAM

Students settle into Taegu American School's new "instant classroom" Tuesday morning. The structure was renovated over the weekend, just in time for the first day of school.

TAS experienced an enrollment increase of nearly 20 students, from 648 last year to 667 this year. Many of those new enrollments were first and second-graders, prompting the necessity for an additional elementary school classroom.

Col. Donald J. Hendrix, Area IV Support Activity commander, suggested DPW look into transporting and refurbishing an unused connex shipping container

See **Classroom**, Page 27

## First Day of School



GALEN PUTNAM

After forming up by classes in the parking lot, eager Taegu American School students stream into the building for the first day of school Tuesday.



GALEN PUTNAM

Taegu American School Principal Helen Bailey (right background) and Ronald Lavelle, elementary school counselor (left background), welcome students back to school Tuesday.



## NEWS & NOTES

### Speed Limit Change

The speed limit on Pennsylvania Ave. on Camp Walker has been reduced from 40 kph to 25 kph until Wednesday. For information, call William Cobb at 768-8650.

### Tobacco Cessation Classes

Area IV Health Promotions will conduct Tobacco Cessation Classes 1:30 p.m. Wednesday at ACS on Camp Carroll and 3 p.m. Sept. 14 at ACS on Camp Hialeah. For information, call Area IV Health Promotions at 764-5213.

### Stress Management Class

Army Community Service will hold a Stress Management Class 10 a.m. – noon Thursday at ACS Bldg. 1103 on Camp Henry. Registration deadline is Thursday. For information, call Kiya Reed at 768-7610.

### PWOC Fall Kick-Off Celebration

Protestant Women of the Chapel is sponsoring the PWOC Fall Kick-Off Celebration including a barbecue 10 a.m. – noon Sept. 9 at Camp Walker Chapel. For information call Cheri Fochs at 010-8671-6061.

### Protestant Sunday School

The Camp Walker Chapel Protestant Sunday School will hold an ice cream social 11:30 a.m. Sept. 11 at Kelley Field. Sunday School classes begin 9 a.m. Sept. 18 at the Camp Walker Chapel. For information, call Cheri Fochs at 010-8671-6061.

### POW/MIA Day

The Hill 303 Memorial, VFW Post 10033 of Daegu will hold its annual POW/MIA Recognition Day Ceremony 6 p.m. Sept. 16 at the 19th Hole in the Evergreen Community Club. The public is invited to attend. For information, call Ken Swierzewski at 768-8215.

### ATFB Training

Army Community Service is sponsoring Army Family Team Building Training 9 a.m. – 5 p.m. Sept. 14 at Camp Hialeah's ACS Building. Reservations are required. For information, call Jae Bowers at 763-7271.

### Fall Bazaar

The annual Taegu Spouses Association Fall Bazaar will be Oct. 1 – 2 at Kelly Fitness Center on Camp Walker. Several new vendors will be participating this year. For information, call Christie Holmes at 210-6129 or Sherry Page at 210-6005.

### Interactive Customer Evaluation

ICE allows DoD customers to rate products and services provided by DoD offices and facilities. To participate, go to <http://ice.disa.mil>. For information, call Henry S. Caldwell at 768-6530/7070.

## Sun Silhouette



GALEN PUTNAM

Craftsmen are silhouetted by the late afternoon sun as they work on the bus stop across the street from the Area IV Support Activity headquarters building on Camp Henry Aug. 26. Several of the ornate bus stops on camps Henry and Walker are currently undergoing renovation.

## Duty, family mesh for 1<sup>st</sup> Sgt. couple

### NCO duo stresses importance of Family Care Plan

By Sgt. Jimmy Norris

19th Theater Support Command Public Affairs

When Master Sgt. William Bruns' wife Robin helped pin him with the rank of first sergeant in October of last year, there was little doubt in his mind he'd be returning the favor one day in the near future.

Since their marriage began 10 years ago, the two have pinned each other during promotions for staff sergeant, sergeant first class and master sergeant. So, he knew it was only a matter of time before he would be pushing a diamond into Robin's collar.

That day came July 15 during a ceremony at the 19th Theater Support Command headquarters building. While the promotion made Robin, who just left the 19th TSC's Intelligence Office, the new first sergeant of Headquarters and Headquarters Company, Area IV Support Activity, it also made the Bruns the only married first sergeant couple working in U.S. Forces Korea.

While the notion of a first sergeant couple serving in the same theater may bring to mind the perfect marriage between duty and family, the Bruns say balancing the two is hard work.

"Every day is a challenge," said Robin. "I've got to know what his

schedule is. He's got to know what mine is, and then we've got to make a schedule together to make sure our daughter is taken care of."

Robin said scheduling can sometimes be difficult because of the demands of military life. She also said maintaining good communication is important.

"Not just with each other, but with the chain of command as well," said William.

He explained that not only do Robin and himself need to know each other's schedules, but their chains of command have to know as well, because this helps their units know how to be more accommodating when they can be. It also helps the Bruns make informed decisions about their schedules when the units can't accommodate them.

Another important concern for dual military couples is their family care plan. A family care plan is a written statement that provides for the care of children in the event of an emergency, such as a deployment or in situations when neither parent can be home, for example when both parents have to go to the field.

"It's hard to find someone you're comfortable with in a new place," said Robin.

She said one way to find people to put on her family care plan is to watch her daughter's interactions with other children.

"You can tell a lot by watching your child's friends. You can see what kind of manners they have, if they're

supervised and what kind of child-rearing techniques [their parents] use."

She said all of this is important when considering who to put on a family care plan, and warned that maintaining a good family care plan can be difficult here in Korea.

"Mine has changed two or three times because of turnover here," she explained.

The Bruns said another challenge many dual military couples face is managing to be stationed together.

While the Joint Domicile Army Married Couples Program attempts to keep families together, the needs of the Army come first.

The Bruns said, so far, they've managed to stay together.

"But our job fields compliment each other," said William. "I know some couples that are not together."

They said it can be helpful for couples to stay in contact with their respective branches.

"The Joint Domicile Army Married Couples Program has been a great thing for us," said Robin. "But it also takes a lot of work because we have to start talking to branch a lot earlier."

Ultimately, the Bruns said, the key to successfully balancing a family with the demands of two military careers, is communication – with each other, with their chains of command and with their respective branches.

"Communication is the pinnacle point," said William. "You have to have good communication skills."

Classroom

from Page 25

languishing at Camp Hialeah. After conducting a quick feasibility study, DPW officials determined it would be a viable solution.

The new classroom might be a shipping container, but following the efforts of Daegu enclave Directorate of Public Works employees, it is now a customized showcase. Not unlike a reality TV show, the crew came in and stripped the slate gray rusting hulk down nearly to its bare frame, leaving only the wall coverings and ceiling in place.

Daegu DPW representatives coordinated with their Camp Hialeah counterparts and a civilian shipping agency to have the connex moved into place at Camp George. Once it was positioned at its new home Aug. 26, the countdown started and the action began as there were only four days to work on the container before the first day of school.

“It feels good to know the DPW craftsmen were able to react quickly and do a quality job in such a short time,” said James C. Hamilton III, director of the Area IV Support Activity DPW. “We were glad we were able to help out and get the project completed in time for school to start.”

Judging from the original condition of the 456-square-foot container, Hamilton believed it might have been used in the past as an office for field



PHOTOS BY GALEN PUTNAM

Area IV Directorate of Public Works electricians work on the interior of Taegu American School's new "instant classroom" Saturday. The classroom is a refurbished 12 by 38 foot shipping container.

exercises. Despite its initial shape, DPW workers were undaunted as they came up with a plan to have the structure reconditioned before school started.

Starting Aug. 26, and working through the weekend, DPW workers stripped the container down and rebuilt most of the interior. The old flooring was torn out and was replaced with a new floor covering. A new ¾-inch layer of plywood was also added to help strengthen the floor. Two existing light fixtures were removed and replaced with six new fixtures.

Electricians also installed two exit lights and one emergency light as well as an electrical panel. In addition, a heat pump was installed to control the heating and air conditioning of the structure. Several other features and amenities were added as well, including an exterior paint job.

Hamilton estimates the project cost approximately \$3,500. He pointed out costs were held to a minimum by using a combination of new and used materials and equipment.

“The classroom is absolutely wonderful. We are very grateful,” said



An exterior view of Taegu American School's new "classroom in a box" under renovation. The former shipping container features a refurbished interior and sports a fresh paint job, including trim, on the outside.

TAS Principal Helen Bailey. “They came out here Friday (Aug. 26) and worked all weekend. They put in a lot of hard work so the building would be ready to occupy before school started. The community really came together to support the students at TAS.”

Spanish teacher Chance Wilson, who is in his second year at TAS, is the container's new occupant. He was uprooted, ironically, from room 111 that is now occupied by his wife Angela's first and second grade class.

“It is amazing they pulled this all together so quickly. The outside looks pretty good and the inside is really fancy,” he said of his “instant classroom.”

“It is great. It sure beats floating (from classroom to classroom),” he said.

Ad goes here



# Signal Soldiers offer aid to injured motorist

*'Good Samaritans' put first aid training to use following accident*

1st Signal Brigade Public Affairs

**CAMP WALKER** — Two Soldiers from the Headquarters and Headquarters Detachment, 36th Signal Battalion Maintenance Support Team, who were enroute to Kunsan Air Base to conduct routine maintenance, recently provided unexpected medical aid to a Korean National instead of their planned repairs.

The Soldiers, along with about 10 vehicles in front of them, were stuck in a traffic jam. As the traffic moved at a snail's pace, they noticed a car parked on the side of the road. As they approached the car, they noticed it wasn't just disabled; it had been in an accident.

They also noticed that no one was stopping to help the occupants. That is when Spc. Norman P. Portillo decided to pull up behind the car and offer help. There were a total of four Koreans in the wrecked vehicle.

Once at the vehicle, they were shocked by what they saw. The front passenger was badly hurt. His



Sgt. 1st Class Miguel A. Fuentes

Spc. Norman P. Portillo (left) and Spc. Nathan A. Bird are slated to be recognized by the 36th Signal Battalion for their efforts following a traffic accident with injuries.

arm was cut from about the middle of his left forearm to the elbow. The cut lay open and the bone was exposed.

Spc. Nathan A. Bird and Portillo knew what to do; they both had received first aid training as part of their common task training.

Bird grabbed his brown Army

T-shirt and applied pressure. At the same time Portillo used his uniform belt as a tourniquet.

During this time, the driver was able to use a cell phone and call for paramedics.

"The victim did drift in and out of consciousness. We did what we could to keep him alert and talking,"

*"The victim did drift in and out of consciousness. We did what we could to keep him alert and talking"*

Spc. Nathan A. Bird

Bird said, referring to the bleeding passenger.

Two other members of the maintenance support team were Korean employees who provided translations between the Soldiers and the victims.

After the tourniquet and pressure dressing were applied, they checked to make sure the victim did not have any other injuries. The other three passengers were also asked if they suffered any injuries. The team remained at the scene until paramedics arrived.

After the paramedics showed up Portillo and Bird stepped back and called their noncommissioned officer in charge to report the situation.

The 36th Signal Battalion commander plans to officially recognize the Soldiers for their Good Samaritan act at a later date.

*Ad goes here*



# 어린이 보호구역에서 안전운행 요령

이병 이양원  
제2지역공보실

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전조등을 켜십시오. 아이들과 도보자들이 있는 지역에서는 전조등을 켜시기 바랍니다. AAA 연구 결과 운전자가 전조등을 사용하게 되면 도보자 사망 사고가 25 퍼센트 정도 줄어드는 효과를 본다고 합니다.

운전중에 휴대폰을 사용하지 마십시오. 휴대폰은 운전자의 주의 산만을 유발합니다. 특히 학교주변이나 아이들이 있는 지역에서 운전중 휴대폰 사용을 자제해주시기 바랍니다.

과속을 하지 맙시다. 현재 학교 근처나 등하교 시간, 그리고 아이들이 있는 경우의 제한속도는 15 마일 (24 킬로미터) 입니다. 날씨가 안 좋거나 시야가 나쁠 경우에는 속도를 더 줄여주십시오. 도로 상황이나 날씨에 따라 시야, 차간 거리가 크게 달라질 수 있으므로 속도 조절에 신경써 주시기 바랍니다.

This article is about  
"Yongsan drivers should use  
caution in school zones."

## 비만을 예방하는 방법

비만의 치료는 단순한 체중의 감량이 아니라 지방의 감량이 주안점이라고 하겠다. 소비에너지를 섭취 에너지보다 많게 하는 것이 가장 확실한 비만회치법이다. 근육사용량을 늘리고 기초에너지 대사량을 늘리는 데에는 운동 보다 좋은 것은 없다. 운동은 유산소운동(조깅, 속보, 자전거 타기, 에어로빅 체조 등)이어야 지방을 감소시킬 수 있다. 2-6개월 간격으로 체중의 5-10%이내를 단계적으로 감량해 나가는 것이 건강을 해치지 않고 반동형상(급속한 감량 뒤에 오는 급속한 체중증가)을 없앨 수 있다.

[운동치료]

달리기 ; 아침과 저녁에 할 수 있다. 달리기 전에 약 2-3분 동안 준비운동을 한 다음 약 20분 달린다. 달리기의 세기는 온몸에 땀이 날 정도로 하는 것이 가장 적당하다. 달리가 끝난 다음에는 걷기를 하면서 심호흡과 가벼운 몸 놀리기 운동을 한다.

걷기 ; 누구나 다 하면 좋은 운동이다. 특히 비만한 사람들은 하

루에 8km를 걸어야 하는데 1분간에 75m의 속도가 좋다. 걷기는 거리보다 걷는 속도가 중요하다.

수영 ; 한번에 20분씩 2-3일에 한번 한다. 해염을 칠 줄 모르는 사람은 물 안에서 걷기, 팔다리운동을 한번에 약 30분씩 하면 수영을 하는 것과 같은 운동효과를 얻을 수 있다.

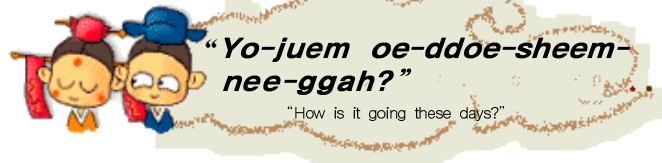
비만의 치료는 단순한 체중의 감량이 아니라 지방의 감량이 주안점이라고 하겠다. 소비에너지를 섭취 에너지보다 많게 하는 것이 가장 확실한 비만회치법이다. 근육사용량을 늘리고 기초에너지 대사량을 늘리는 데에는 운동 보다 좋은 것은 없다. 운동은 유산소운동(조깅, 속보, 자전거 타기, 에어로빅 체조 등)이어야 지방을 감소시킬 수 있다. 2-6개월 간격으로 체중의 5-10%이내를 단계적으로 감량해 나가는 것이 건강을 해치지 않고 반동형상(급속한 감량 뒤에 오는 급속한 체중증가)을 없앨 수 있다.

This article is about  
"Tips to prevent obesity."

## Learn Korean Easily



Language Instructor  
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh	weh	wah	wuh	wee	ui					

### Word of the week

요즘

o ; silent, ㅛ ; yo/  
ㅜ ; j, ㅡ ; ue, ㅟ ; m  
'yo-juem'

these days

### The phrase of the week

"I am busy these days."

요즘 바쁩니다.

Yo-juem bah-bbuem-nee-dah.

these days

I am busy

### Conversation of the week

들어가도 될까요?  
**Due-roe-gah-doh**  
**dwel-ggal-yo?**

May I come in, please?

들어 오세요.  
**Due-roe oh-seh-yo.**

Please come in.

탐 계십니까?  
**Tom**  
**gyeh-sheem-nee-ggah?**

Is Tom here?

안 계십니다.  
**Ahn gyeh-sheem-nee-dah.**

No, he isn't.

어디 가셨어요?  
**Oe-dee gah-shyoe-soe-yo?**

Where is he?

학교 가셨어요.  
**Hahk-gyo**  
**gah-syoe-soe-yo.**

At school.

훈련 hool-lyoen training

휴가 hyou-gah vacation

Share this column with a Korean co-worker.